

## Reports

[The state of children's mental health services 2020/21](#) – January 2021

This Children's Commissioner Report is her fourth annual report on the state of children's mental health services in England. This briefing especially looks at the impact of COVID-19 which has turned the lives of children upside down.

[In our own words](#)

Barnardo's worked with a group of 10 young people to produce a new report Mental Health and Covid-19: In Our Own Words. It brings together insights gathered by young people

[Covid-19 and the nation's mental health: Forecasting needs and risks in the UK](#): Centre for Mental Health – October 2020

This report from The Centre for Mental Health looks at the impact of the pandemic on children and young people's mental health is greater in areas and communities hardest hit by the virus and by lockdowns.

[State of the nation 2020](#) : children and young people's wellbeing – October 2020

The report draws on published information from a range of government, academic, voluntary, and private sector organisations.

[Impacts of lockdown on the mental health and wellbeing of children and young people](#) – September 2020

The Mental Health Foundation, Barnardo's and University of Strathclyde considered evidence within the context of the individual, the family and education

This overview of evidence considers empirical studies of the mental health and wellbeing impacts of lockdown during both the COVID-19 pandemic and during similar health-related disasters in the past.

[Special Education during Lockdown](#): Returning to schools and colleges in September – September 2020

Ask Research and NFER carried out a study in which they explored how education provision over this time has changed for children and young people with SEND who attend special schools.

### [The Good Childhood Report 2020](#) – August 2020

The Children's Society report presents predominant trends in well-being, whilst seeking to understand the experiences of children who have low well-being - what enhances and hinders children's happiness. Modern life has been chipping away at children's happiness over time. The Good Childhood Report 2020 finds this toxic trend continues.

### [Support for children and young people's mental health](#) – July 2020

This House of Commons Library briefing paper considers children and young people's mental health – policy, CAMHS services, funding and education

### [Life on Hold](#) – July 2020

This report from The Children's Society looks in depth at the impact of Coronavirus and the first lockdown on young lives.

### [Child and adolescent mental health during COVID-19](#) – July 2020

This UK Parliament report outlines some of the concerns around childhood and adolescent mental health issues due to COVID – 19.

### [Children in Lockdown](#) - June 2020

The Childhood Trust looks at the impact of the Coronavirus crisis on disadvantaged and vulnerable children

### [Children in Lockdown: What Coronavirus Means for UK Children](#) UNICEF

Children's lives have been turned upside down by coronavirus. For some children, with the right support and resources, the situation will be manageable, but for others the effects of the pandemic will cast a long shadow over their lives.

## **Resources to support Mental Health and Well-being in schools**



The NSPCC have put together some information to help you recognise and respond to concerns about children and young people's mental health.

<https://learning.nspcc.org.uk/child-health-development/child-mental-health>



**Schools in Mind** - is a free network for school staff and allied professionals which shares practical, academic and clinical expertise regarding the wellbeing and mental health issues that affect schools.

The network provides a trusted source of up-to-date and accessible information and resources that school leaders, teachers and support staff can use to support the mental health and wellbeing of the children and young people in their care.

<https://www.annafreud.org/what-we-do/schools-in-mind/>

**On My Mind** - aims to empower young people to make informed choices about the mental health support they want, the treatments they receive and the outcomes they desire.

It contains information, advice and resources to help young people support their own mental health, including signposting to sources of support in times of crisis and tools to help young people manage their own wellbeing.

<https://www.annafreud.org/on-my-mind/>

## YOUNGMINDS

Young Minds is a charity that is leading the fight for a future where all young minds are supported and empowered, whatever the challenges. We're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties. The organisation supports parents, professionals and young people.

<https://youngminds.org.uk/>



Beat is the UK's eating disorder charity. They began life in 1989 as the first national charity for people with eating disorders because of a merger of two local charities. Called the Eating Disorders Association, we have grown and developed over time to become Beat.

<https://www.beateatingdisorders.org.uk/>



## MHFA England

MHFA's mission is to train one in ten people in mental health awareness and skills.

Through their training and campaigning, they equip people with the skills they need to support their own and others' wellbeing.

They offer a range of evidence-based face to face and digital learning, from awareness raising to skill development. Their courses empower people to notice signs of mental ill health, and encourage them to break down barriers, listen in a non-judgemental way, and signpost to support for recovery.

<https://mhfaengland.org/>



Mental Health  
Foundation

The Mental Health Foundation is the UK's charity for everyone's mental health. With prevention at the heart of what they do, they aim to find and address the sources of mental health problems.

<https://www.mentalhealth.org.uk/>

**MENTALLY  
HEALTHY  
SCHOOLS**

Mentally Healthy Schools brings together quality-assured information, advice and resources to help primary schools understand and promote children's mental health and wellbeing. Their aim is to increase staff awareness, knowledge and confidence to help schools support their pupils.

[https://www.mentallyhealthyschools.org.uk/?utm\\_source=headstogether.org.uk&utm\\_medium=referral](https://www.mentallyhealthyschools.org.uk/?utm_source=headstogether.org.uk&utm_medium=referral)



Place2Be is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools.

They provide mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research. They also offer expert training and professional qualifications.

<https://www.place2be.org.uk/>

## **Staff Wellbeing**

### [Education Support](#)

The only UK charity dedicated to supporting the mental health and wellbeing of education staff in schools, colleges and universities.

### [NAHT Wellness and Protect](#)

NAHT Wellness and Protect is a whole school well-being, leadership support and staff absence protection package exclusive to NAHT members.

### [Teacher wellbeing during COVID-19](#) – How to create a happier, healthier team of teachers

Dr Louise Lambert explains why prioritising mental health in schools and the wellbeing of staff during a uniquely challenging time remains essential.

### [Staff Wellbeing](#)

A selection of articles on teacher wellbeing from SecEd

### [Staff wellbeing planning pack](#)

Mentally Healthy Schools and Anna Freud Centre have produced a document which includes ideas, links to resources and activities to support staff wellbeing.

### [Teacher wellbeing during the pandemic](#)

Twinkl and Mind have come together to create a selection of resources to support staff wellbeing

[Coronavirus: what you need to know - staff mental health and wellbeing](#)

The National Education Union (NEU) have put together ten points on how to protect staff mental health during the Covid-19 crisis.