

Useful websites for mental health and resilience

<https://youngminds.org.uk/resources/school-resources/academic-resilience-resources/> --- Young Mind, academics resilience resources, this is the one that has the staff surveys on it

<https://youngminds.org.uk/youngminds-professionals/our-projects/academic-resilience/> - -- Young Mind, academics resilience resources, this is the step by step process

<https://www.mentallyhealthyschools.org.uk/whole-school-approach/> --- good website with lots of advice and resources

https://healtheducationpartnership.com/resources/Wellbeing_Framework_for_Schools.pdf -- this is found on the above site, it is guide for wellbeing framework for schools

<https://www.ncb.org.uk/sites/default/files/field/attachment/NCB%20School%20Well%20Being%20Framework%20Leaders%20Resources%20FINAL.pdf> - again another good, with slight different suggests on a wellbeing framework for schools

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/414908/Final_EHWP_draft_20_03_15.pdf --- what a lot the frameworks are based on is this government guide to supporting emotional wellbeing in schools

<https://www.boingboing.org.uk/wp-content/uploads/2018/04/YoungMentalHealth.section2.pdf> - a shorter snap shot about what is whole school approach

<https://www.boingboing.org.uk/academic-resilience-approach/> - the academic resilience on the young mind site is the same as this however this is where it came from

<https://www.annafreud.org/what-we-do/schools-in-mind/> --- national recognised charity for children's mental health and has some really nice resources for schools

<https://www.minded.org.uk/> --- national recognised training and advice recourse for professional and families.

<https://mindfulnessinschools.org/> Training and support

<https://www.beingwellagenda.org/> Resources and ideas- ten themes

<https://youngminds.org.uk/> Dealing with safeguarding, bullying and mental health issues

<https://www.minded.org.uk/> Online training

<https://mindedforfamilies.org.uk/> Useful resources for children, parents and staff

<https://www.mindful.org/meditation/mindfulness-getting-started/> types of meditation

<https://positivepsychologyprogram.com/mindfulness-exercises-techniques-activities/> mindfulness techniques