**Weblinks / email contacts referenced in Harrow WFE Session 2 (w/b 23/11/20)**

**DfE/MindEd materials, with audio**

* The [DfE/MindEd pack of materials](https://www.minded.org.uk/Component/Details/662137) (also with audio recordings). You do not need to register, just select ‘View’ and then ‘Continue’.

**Section 1: Recognising warning signs**

*Grania Usher, Senior Educational Psychologist & Asal Shahverdi Moghaddam, Young Person Volunteer, Mind in Harrow*

* Visit [HeadsUpHarrow](http://www.headsupharrow.uk/)to find out more about the HeadsUp project, to book any assemblies or to download any of our lesson plans.
* For 6 [HeadsUp Harrow YouTube videos](https://www.youtube.com/watch?v=ZZA4AHlxJv4&list=PLucoxAufG_LCZIBf3Y6AY2sn9vfirARvr) created with funding from Comic Relief that cover a range of mental health topics.
* Mind.org.uk [introduction to mental health](https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/about-mental-health-problems/?gclid=EAIaIQobChMI8fXhoIyq7QIVitPtCh2_ggp2EAAYASAAEgIbafD_BwE)

**Section 2: Look/Listen/Link; Children’s Wellbeing Practitioners**

*Dhishani De Silva, Child Wellbeing Practitioner & Rachel Fhima, Child Wellbeing Practitioner*

* [Kooth](https://www.kooth.com/) offers free, safe and anonymous online support for young people. An opportunity to interact in a supportive way with other young people as well as receive support from a qualified counsellor.
* [Childline](https://www.childline.org.uk/)
* [The Mix](https://www.themix.org.uk/mental-health) is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile.
* [Young Minds](http://www.youngminds.org.uk) information, advice & support for young people affected by mental health.
* [Active Listening](https://www.cdc.gov/parents/essentials/communication/activelistening.html) – respect, genuineness, being non-judgemental, fully focused on the other person, ‘open’ body language, not rushing to solutions or advice-giving.

 **Section 3: Youth Mental Health First Aid**

*Kim Hunt, Thrive London*

* [MHFA England](https://mhfaengland.org/mhfa-centre/faqs/) and [MHFA FAQs](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwju17nsjartAhWdZxUIHZtJBSQQFjAAegQIAxAC&url=https%3A%2F%2Fwww.reactfirst.co.uk%2Fdownload-file.htm%3Fid%3D62%26pos%3D0%26dir%3Ddownloads&usg=AOvVaw0WEbGqEM7C0RlJ1eYpR9PF) pdf covering what the course is, who it is for, course structure, and other FAQs
* Further info on [Youth MHFA training 2 day course](https://mhfaengland.org/individuals/youth/2-day/), free for Harrow school staff
* For further details / signup contact youthmhfa@thriveldn.co.uk

**Section 4: Loss and Bereavement**

*Dr Elaine Shaw, Educational Psychologist & Toni Medcalf, Harrow Schools Counselling Partnership*

* [Bereavement Care](http://www.bereavementcareandsupport.co.uk)
* [Child Bereavement UK](http://www.childbereavementuk.org) including [How Children Grieve](https://www.childbereavementuk.org/information-how-children-grieve)
* [Winston’s Wish](http://www.winstonswish.org/)
* [Grief Encounter](https://www.griefencounter.org.uk/get-support/children-and-young-people/secondary/)
* Harrow Bereavement Care June 2020 YHF [webinar](https://vimeo.com/user43242135) and [Q&A](https://vimeo.com/user43242135)
* Worden’s (2011) [Four Tasks of Grieving](https://www.psychologytoday.com/gb/blog/mental-health-nerd/201911/the-4-tasks-grieving)
* [The Invisible String workbook](https://www.amazon.co.uk/Invisible-String-Workbook-Creative-Activities/dp/0316524913/ref%3Dpd_lpo_14_img_0/261-2142638-0914700?_encoding=UTF8&pd_rd_i=0316524913&pd_rd_r=48e1186b-7a33-4932-8261-40395e883e15&pd_rd_w=2GlSm&pd_rd_wg=WWuCK&pf_rd_p=7b8e3b03-1439-4489-abd4-4a138cf4eca6&pf_rd_r=24H06XH40Z60HCGGH6BB&psc=1&refRID=24H06XH40Z60HCGGH6BB) by Patrice Karst and Dana Wyss
* Child Bereavement UK [Children’s understanding of death](https://www.childbereavementuk.org/information-childrens-understanding-of-death)
* Child Bereavement UK including ideals for remembering: [for individuals](https://www.childbereavementuk.org/information-remembering); for [school/college communities](https://www.childbereavementuk.org/information-school-projects-for-remembering)
* MindEd session on [Loss and Grief](https://www.minded.org.uk/Component/Details/445691)
* Harrow EPS [Critical Incident, Loss and Bereavement guidance booklet](https://www.harrowlocaloffer.co.uk/images/Loss_bereavement_guidance_April_2020_Revised.pdf)
* Harrow EPS [Supporting a child/family who has lost a loved one during Covid-19](https://www.harrowlocaloffer.co.uk/images/2020-04-16_CV19_losing_a_loved_one_info_for_schools_v2.pdf)
* [Harrow Schools Counselling Partnership](https://schoolscounsellingpartnership.co.uk/our-schools/)

**Section 5: Anxiety and low mood, including Harrow Horizon overview**

*Natasha Kalogeropoulou, Senior Educational Psychologist & Emma Burns, Senior Clinician, Harrow Horizons*

* [Every Mind Matters](http://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/) Youth Mental Health site, including a range of self-care videos
* [Kooth](https://www.kooth.com/) offers free, safe and anonymous online support for young people. An opportunity to interact in a supportive way with other young people as well as receive support from a qualified counsellor.
* [Good Thinking](https://www.good-thinking.uk/), London’s digital wellbeing service with NHS approved self-care information and a range of free to access Apps e.g. for Anxiety, Low mood, Sleep, and Stress. Further NHS approved wellbeing Apps via [NHS Apps Library](http://www.nhs.uk/apps-library)
* Emerging Minds [Top tips to support children and young people with their worries and anxiety](https://emergingminds.org.uk/supporting-children-and-young-people-with-worries-and-anxiety-coronavirus/)
* Barnado’s [See, Hear, Respond](https://www.barnardos.org.uk/see-hear-respond)
* [Mind in Harrow](http://www.mindinharrow.org.uk/our-services/young-people/) for resources and support
* NHS England [What to do if you are a young person and it’s all getting too much](https://www.england.nhs.uk/blog/what-to-do-if-youre-a-young-person-and-its-all-getting-too-much/)
* MindEd sessions including [The worried child (anxiety)](https://www.minded.org.uk/Component/Details/445673); [Anxiety disorders](https://www.minded.org.uk/Component/Details/447948); [Depression](https://www.minded.org.uk/Component/Details/447976)
* Anna Freud’s [Schools in Mind](http://www.annafreud.org/schools-and-colleges/resources) site, containing a wide range of mental health resources for schools and colleges
* To contact Harrow Horizons: harrowhorizons@barnados.org.uk