

# Useful resources for parent/carers

# Self-care summer

Resources to help children, young people and school staff practise self-care over the summer break.

The summer holidays offer an opportunity to recharge, but some young people may find themselves struggling without the structure and support network of school.

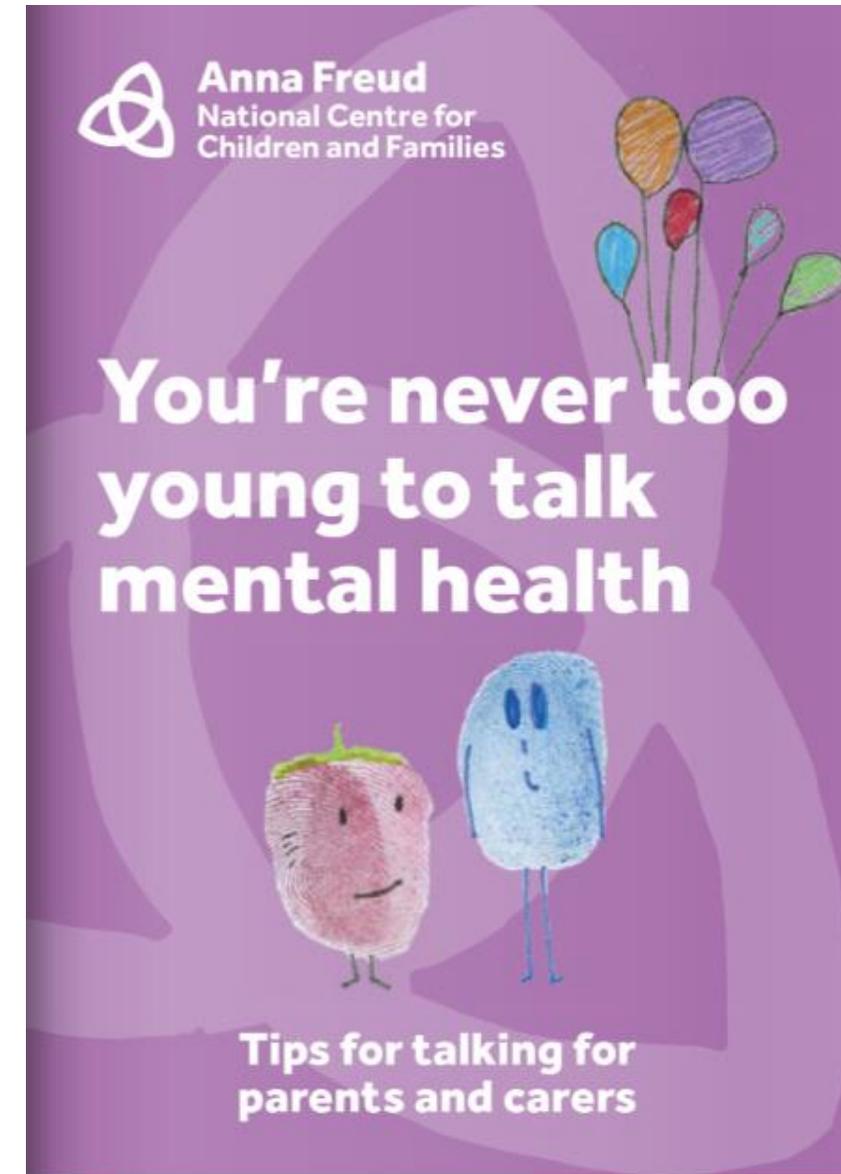
We've created these #SelfCareSummer packs for primary and secondary schools. These packs feature a range of creative activities based on self-care strategies that other young people have found useful in helping them stay mentally healthy.

They also signpost young people and their families to additional support, including the AFC crisis messenger text service.

It is also important that staff look after their mental health and wellbeing over the holidays, which is why we've created a self-care toolkit for education staff with tips and resources to support you in looking after your

[Advice for parents and carers of primary school pupils | Talking mental health primary school | Anna Freud Centre](#)

This leaflet which was created alongside the [Talking Mental Health Animation & Toolkit](#) features an introduction from our Patron, Her Royal Highness The Duchess of Cambridge who supported the *You're never too young to talk* mental health campaign stating the campaign's resources "demonstrate how we can help children express their feelings, respond appropriately, and prevent small problems from snowballing into bigger ones."



# Kooth parent webinars

# Free NHS approved apps

- [Be Mindful](#) is a free NHS approved online mindfulness course. It helps people to reduce stress levels, anxiety, and depression through mindfulness techniques.
- [Meditainment](#) is a free app which provides lifetime access to an online library of 20 guided meditations. It allows the user to explore and reflect on a range of wellbeing topics.
- [MyCognitionPro](#) is a free NHS approved cognitive fitness and mental resilience programme to be used 15 minutes per day. It optimises your general mental wellbeing and supports you to manage your life. The app can be used on both iOS and Android devices.
- [My Positive Self](#) is a free app that has been clinically proven to improve the mental health and wellbeing for people. You take a questionnaire to identify areas you may need help with, eg. stress/anxiety and the app will suggest modules and apps which help you tackle these issues. You can also track how you feel everyday with the app's mood tracker!
- [Tomo](#) is a free app to support with anxiety, poor sleep and keeping on top of everyday tasks. Tomo's personalised suggestions, prompts and feedback help you to identify positive habits and build achievable change over time.



**Child in Mind**

Child in Mind | Podcast on Managing Children and  
Family Mental Health Problems | Anna Freud  
Centre

**Kent  
Resilience  
Hub**

[KentResilienceHub.org.uk](https://KentResilienceHub.org.uk)

[MoodSpark.org.uk](https://MoodSpark.org.uk)

**MOOD  
SPARK**



<https://www.kent.gov.uk/education-and-children/schools/reconnect>

# Kent Resilience Hub

*A place to for parents/carers and practitioners to understand how they can support young people's emotional wellbeing and resilience*

[KentResilienceHub.org.uk](http://KentResilienceHub.org.uk)

# MOOD SPARK

*A place where young people aged 10-16 can learn how to look after their emotional wellbeing and mental health*

[MoodSpark.org.uk](http://MoodSpark.org.uk)



HeadStart Kent funded by



and in partnership



If you are looking for emotional support or just want to talk to someone, you can contact the **Release the Pressure** helpline 24 hours a day on **0800 107 0160**. You can also text “**Kent**” or “**Medway**” to **85258** for 24 hour mental health crisis support via text.

More information about local services and support can also be found on the **Kent and Medway Mental Wellbeing Information Hub** here. (<https://www.kentandmedwayccg.nhs.uk/mental-wellbeing-information-hub>)

### **Children and Young People (under 18)**

Residents of Kent and Medway who need to contact Children and Young Peoples Services (sometimes referred to as CYPS or Children and Adolescent Mental Health Services / CAMHS) can contact the 24 hour Single Point of Access ([provided by North East London Foundation Trust](#)) on **0800 011 3474** (select option one, then option three).

### **If you, or some you know, is deaf or hearing impaired**

You can contact KMPT using the free national Relay UK service. Details of this service can be found via their website at <https://www.relayuk.bt.com/about-relay-uk.html>