



Changing Lives Learning Trust

RESPECT · RESILIENCE · ACHIEVEMENT · OPPORTUNITY

DIRECTORY OF ORGANISATIONS SUPPORTING
SCHOOLS WITH PUPIL MENTAL HEALTH AND
WELLBEING.

Directory of organisations that support schools to promote pupil wellbeing and mental health. There are a wide range of organisations with resources and support available to promote young people's emotional health and wellbeing. This list is not exhaustive and many other useful organisations and services exist. All of the links listed below were correct at the time of publication.

We have sorted the organisations under the following headings:

- Anti-Bullying
- Bereavement
- Citizenship and Community
- Domestic Violence and Abuse
- Drug and Alcohol Education
- Female Genital Mutilation
- Helplines
- Mental Health
- Mindfulness
- Peer Support Programmes
- Personal, Social, Health and Economic education (PSHE)
- Philosophy
 - Resources to support young people with learning disabilities, physical disabilities and chronic illness
- Safety
- Social and Emotional Aspects of Learning (SEAL)
- Spirituality
- Sex and Relationships Education (SRE)
- Training
 - Sustainability and Environment
- The Arts
- Wellbeing and Resilience

Anti Bullying

Anti-bullying Alliance - www.anti-bullyingalliance.org.uk A coalition of organisations and individuals working together to stop bullying and create safe learning environments in which children and young people can live, grow, play and learn.

BullyingUK - www.bullying.co.uk

Lots of information and resources on bullying.

ChildNet International <http://www.childnet.com/>

Specialist resources for young people to raise awareness of online safety and how to protect themselves.

Digizen - <http://www.digizen.org>

Provides online safety information for educators, parents, carers and young people.

Ditch the Label - <http://www.ditchthelabel.org>

Provides a range of intervention aimed at tackling prejudice-based bullying; promoting equality and raising awareness of bullying related issues. The Interventions are designed to aid educational establishments in reaching OFSTED requirements of ensuring a safe environment in which young people respect one another and are free from harassment and bullying. This includes cyberbullying and prejudice based bullying as stated in the Equality Act 2010 for schools.

Kidscape - www.kidscape.org.uk

Kidscape is a UK charity established to prevent bullying and child sex abuse. A number of resources, including posters, information booklets and research on the long-term effects on bullying are available to download.

The BIG Award - <http://www.bullyinginterventiongroup.co.uk>

The Bullying Intervention Group (BIG) offer a national scheme and award for schools to tackle bullying effectively.

The Diana Award - <http://diana-award.org.uk>

Anti-Bullying Ambassadors programme to empower young people to take responsibility for changing the attitudes and behaviour of their peers towards bullying. It will achieve this by identifying, training and supporting school anti-bullying ambassadors.

Think U Know - <https://www.thinkuknow.co.uk>

Resources provided by Child Exploitation and Online Protection (CEOP) for children and young people, parents, carers and teachers. May 201

UK Safer Internet Centre - <http://www.saferinternet.org.uk>

Website with information and resources relating to e-safety and cyberbullying. Information and resources for Safer Internet Day. Helpline operated by the UK Safer Internet Centre offering professionals who work with children across the UK support, advice and mediation with online safety issues.

Bereavement

Child Bereavement UK - www.childbereavement.org.uk

Child Bereavement UK believes that all families should have access to the support and information they need when a child grieves or when a child dies. Through understanding their grieving process and receiving help in dealing with bereavement from appropriately trained professionals, families can learn to live with their grief and begin rebuilding their lives.

Childhood Bereavement Network - www.childhoodbereavementnetwork.org.uk

The Childhood Bereavement Network is a national federation of organisations offering support and information to bereaved children. Their website includes a section for teachers on how to support children after experiencing a death, including some resources available to purchase.

Cruse Bereavement Care - www.cruse.org.uk

Cruse is a national organisation dedicated to offering support to bereavement families, adults and children. Their comprehensive website provides detailed information on bereavement, downloadable booklets and information leaflets. Cruse also publishes the international Bereavement Care Journal.

Grief Encounter - www.griefencounter.org.uk

This website contains lots of helpful online resources for bereaved children and young people, including dedicated 'kid zones' and 'teen zones'.

Hope Again - <http://hopeagain.org.uk/>

Hope Again is Cruse Bereavement Care's website for young people.

Winston's Wish - www.winstonswish.org.uk

Winston's Wish is the leading childhood bereavement charity in the UK. Its website has a dedicated section for schools, providing comprehensive information and resources in supporting bereavement in schools, including reading materials and guidance on how to develop a school bereavement policy.

Citizenship & Community

Association for Citizenship Teaching (ACT) - www.teachingcitizenship.org.uk

ACT is the subject association for Citizenship representing teachers and others involved in Citizenship education. They offer: membership services and education programmes that develop and promote Citizenship education; professional development, training and networking opportunities; advocacy for the subject, research and strategic policy advice; and high quality teaching materials including their journal 'Teaching Citizenship'.

Biography Online - www.biographyonline.net/people/inspirational

Information on inspirational people.

Heroic Imagination Project - www.heroicimagination.org

Inspired by Plutarch's philosophy, the Heroic Imagination Project provides resources and information to support us learn from our heroes and role models.

Moral Heroes - www.moralheroes.org

An online archive of inspirational men and women.

Think Global - www.think-global.org.uk

Think Global is a membership based charity that works to educate the public on global issues. The site has a section devoted to schools which includes information on curriculum development.

Rights Respecting Schools - www.unicef.org.uk/rrsa

A good source on information and inspiration for possible citizenship projects. It links schools to the UN rights of the child.

Seal and the Global Dimension - www.sealgd.org.uk

Seal and the Global Dimension provides pathways and appropriate resources for embedding the Global Dimension within the SEAL programme, engaging school students in global and development issues. There are a number of resources to download to support teaching about the global community and our role within it.

Domestic Violence and Abuse

Action Against Violence (AVA) - www.preventionplatform.co.uk

AVA (Action Against Violence) has created the Prevention Platform Toolkit, which is the first comprehensive teaching resource on violence against women and girls (VAWG). The toolkit is designed to support education practitioners across the UK to develop and deliver a programme to prevent violence against women and girls. It includes resources for understanding each VAWG issue including e-learning, support for teachers to develop a programme of learning based on prevention which is underpinned by Safeguarding policies and duties. The toolkit also includes lesson plans appropriate for each school year.

Kidscape - www.kidscape.org.uk/

Kidscape is committed to keeping children safe from abuse. Kidscape is the first charity in the UK established specifically to prevent bullying and child sexual abuse. Kidscape believes that protecting children from harm is key. Kidscape works UK-wide to provide individuals and organisations with practical skills and resources necessary to keep children safe from harm. Kidscape staff and trainers equip vulnerable children with practical non-threatening knowledge and skills in how to keep themselves safe and reduce the likelihood of future harm. Kidscape works with children and young people under the age of 16, their parents/carers, and those who work with them.

Safer Futures -

<http://www.womensaid.org.uk/page.asp?section=000100010010003400020001§ionTitle=ICAP+Safer+Futures>

Safer Futures is a national project that aims to build networks between local schools, specialist domestic violence services and Local Authorities to ensure that healthy relationships education is delivered responsibly and effectively. The project will train a nationwide network of domestic violence professionals to work as Women's Aid Schools Advocates to provide in-school support for teachers to deliver lessons using the Expect Respect Education Toolkit.

The Hideout - www.thehideout.org.uk

"Women's Aid have created this space to help children and young people to understand domestic abuse, and how to take positive action if it's happening to you."

Women's Aid - <http://www.womensaid.org.uk>

Women's Aid is the national domestic violence charity that works to end violence against women and children and supports domestic and sexual violence services across the country. They provide services to support abused women and children such as the free 24hour National Domestic Violence Helpline and The HideOut, a website to help children and young people.

Victim Support - www.victimsupport.org.uk/are-you-ok

Victim Support has produced an Education Resource Pack: Key Stage 2 Personal Safety (including bullying, healthy relationships, street crime and hate crimes)

Drug and Alcohol Education

Alcohol Education Trust - <http://www.alcholeducationtrust.org>

Educational materials, lesson plans and resources for parents to help young people build resilience skills, know how to avoid risky situations and learn how to look after themselves and each other.

Talk about alcohol programme - www.talkaboutalcohol.com

This fully evaluated and PSHE Association accredited early intervention education programme from the Alcohol Education Trust is for 11- 18 year olds, and focuses on what pupils can do to be healthy and stay safe. Using 'bottom up' activities pupils categorise risk, act out 'real life' scenarios and engage in decision-making games to build knowledge, confidence, resilience and life skills. A 100 page teacher workbook, fully supported on line and with email and phone support can be ordered free of charge. In house training can be provided in proved techniques and in supporting pupils in a discreet and appropriate manner.

Mentor ADEPIS – Alcohol and Drug Education and prevention Information Service - <http://mentor-adepis.org>

If you are looking at improving your delivery of alcohol and drug education within PSHE, this provides a useful guidance document

FGM

Forward UK - www.forwarduk.org.uk

FORWARD's Schools Programme offers age-appropriate and culturally sensitive awareness sessions for school children from year 7 up to university age, and Prevention and Safeguarding training for staff. They can provide youth friendly resources, one-to-one support and outreach. Forward's work in schools is designed not only to raise awareness, but to empower young people, frontline staff and communities to engage with the issue of FGM effectively and with confidence.

Home Office & DfE (2014) - <https://www.gov.uk/government/publications/female-genital-mutilation-guidelines>

Guidelines to support and assist frontline professionals, such as teachers, health professionals, police officers and social workers, in safeguarding children and protecting adults from the abuses associated with FGM.

Helplines

Childline - <https://www.childline.org.uk/Pages/Home.aspx>

A confidential service, provided by the NSPCC, offering free support for children and young people up to the age of nineteen on a wide variety of problems. Helpline number: 0800 1111.

Contact a family - <http://www.cafamily.org.uk>

Free helpline for parents and carers of disabled children that have concerns about bullying. Helpline Number: 0808 808 3355.

EACH: (Educational Action Challenging Homophobia) - <http://www.each.education>

Provides a national freephone Actionline for targets of homophobic or transphobic bullying, and training to schools on sexual orientation, gender identity matters and cyberhomophobia. Helpline Number: 0808 1000 143

Get connected - www.getconnected.org.uk/

A free, confidential helpline service for young people under 25, who need help, but don't know where to turn. Helpline number: 0808 808 4994

Hope Again - <http://hopeagain.org.uk/>

Hope Again is Cruse Bereavement Care's website for young people. Free phone Helpline number: 0808 808 1677. National Helpline Number: 0844 477 9400. Email: helpline@cruse.org.uk.

Family Lives - <http://www.familylives.org.uk>

24 hour helpline for parents and carers that have concerns about bullying. They also have an email facility. Helpline Number: 0808 800 2222.

iRelate - <http://www.irelate.org.uk>

Live Chat service, post a question service with trained counsellors, plus lots of information to read watch and listen to on all kinds of relationship problems.

Mind Infoline - <http://www.mind.org.uk/information-support/guides-to-support-and-services/children-and-young-people/>

Mindinfoline can provide information on a wide range of mental health topics. Helpline number: 0300 123 3393.

Muslim Youth Helpline – <http://www.myh.org.uk>

Provides pioneering faith and culturally sensitive services to Muslim youth in the UK. Free and confidential emotional support service available nationally via telephone and email. Helpline Number: 0808 808 2008.

National Stalking Helping – <http://www.stalkinghelpline.org>

Provides guidance and information to anybody who is currently or has previously been affected by harassment or stalking.

Papyrus - www.papyrus-uk.org/

A charity that aims to prevent young suicides. It has a helpline for young people at risk of suicide or for people worried about a young person at risk of suicide called HOPELineUK. Helpline number: 0800 068 41 41

Relate - <http://www.relate.org.uk/relationship-help/help-children-and-young-people/children-and-young-peoples-counselling>

Children and Young People's Counselling is for any young person who's having problems. Whether it's depression and mental health concerns or issues with parents or people at school. Helpline Number: 0300 100 1234

Rise Above - <http://riseabove.org.uk>

Helps 11-16 year olds build emotional resilience by equipping them with knowledge and skills to deal with pressures they may face. It also provides an online platform through which young people can converse with peers alongside professional support

Runaway Helpline – <http://www.runawayhelpline.org.uk>

Missing People Charity Helpline for young people.

Samaritans - <http://www.samaritans.org.uk>

Provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide. Helpline number: 08457 90 90 90.

Sane - [http://www.sane.org.uk/what we do/support/helpline](http://www.sane.org.uk/what_we_do/support/helpline)

SANE runs a national, out of hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers. Open every day from 6pm to 11pm. Helpline number: 0300 304 7000

YoungMinds Parents' Helpline - www.youngminds.org.uk/for_parents/parent_helpline

A free, confidential helpline for any adult who is concerned about the emotional problems, behaviour or mental health of a child or young person up to the age of 25. Helpline number: 0808 802 5544

Youth Access - <http://www.youthaccess.org.uk/find-your-local-service/>

A directory of local youth information, advice and counselling services for young people aged 14-25

UK Safer Internet Centre - <http://www.saferinternet.org.uk>

Helpline operated by the UK Safer Internet Centre offering professionals who work with children across the UK support, advice and mediation with online safety issues. The helpline can be contacted by email: helpline@saferinternet.org.uk or telephone on 0844 3814772

Mental Health

Anxiety UK - www.anxietyuk.org.uk

Anxiety UK works to relieve and support those living with anxiety disorders by providing information, support and understanding via an extensive range of services, including 1:1 therapy.

Beat – www.b-eat.co.uk/about-eating-disorders

Beat is the UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape. Provide information and support, networks and support groups, training and resources.

Depression Alliance - www.depressionalliance.org/information/what-depression

The leading charity in the UK for anyone affected by depression.

Dove self-esteem - <http://selfesteem.dove.co.uk/>

Teaching_resources.aspx Workshops are for students aged 11-14

HeadMeds - <http://www.headmeds.org.uk>

Website developed by the charity YoungMinds providing general information about common medications that may be prescribed for children and young people with diagnosed mental health conditions.

I gotta feelin' – www.ucl.ac.uk/ebpu/docs/publication_files/year7_help4pupils

A booklet providing top tips for year 7 students on how to feel good

Mental Health Foundation - www.mentalhealth.org.uk/

Provides useful information about mental health

MindEd – <https://www.minded.org.uk>

MindEd provides free e-learning to help adults to identify and understand children and young people with mental health issues. It provides simple, clear guidance on mental health to adults who work with children and young people, to help them support the development of young healthy minds

National Self-Harm Network - www.nshn.co.uk

Aims to support individuals who self harm to reduce emotional distress and improve the quality of their life. Support and provides information for family and carers of individuals who self harm. Raises awareness of the needs of people who self harm, dispels myths and combats discrimination.

Notes to self - www.easysre.net/get-resources/notes-to-self

A film and mental wellbeing teaching resource for use with young people at key stages 3-5. It helps students get a better understanding of mental health issues and why they should seek help. The film and teaching pack cost £35, but the trailer is freely available online.

OCD action - <http://ocdyouth.org>

An online guide on OCD for teachers, parents and young people.

OCD UK - www.ocduk.org/ocd

A charity that works to increase understanding about Obsessive-Compulsive Disorder and to help reduce the effect of OCD on the lives of those that suffer with the illness.

On edge: learning about self-harm - <https://www.seemescotland.org/young-people/working-with-young-people/on-edge/>

A film and lesson plan resource pack for teachers and other professionals working with young people. Developed by NHS Greater Glasgow and Clyde.

Place2Be – <http://www.place2be.org.uk>

Place2Be is a charity working in schools providing early intervention mental health support to children aged 4-14 in England, Scotland and Wales. Prevention of young suicide UK –

PAPYRUS - www.papyrus-uk.org

Suicide is leading cause of young deaths in the UK. PAPYRUS exists to give young people hope and to prevent young suicide.

Relate – <http://www.relate.org.uk>

Relate offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support face-to-face, by phone and through their website. This includes children and young people's counselling for any young person who is having problems.

Rethink Mental Illness - www.rethink.org/living-with-mental-illness/young-people

Produces useful information for young people about mental health

Royal College of Psychiatrists (RCPSYCH) – <http://www.rcpsych.ac.uk>

Provide specifically tailored information for young people, parents, teachers and carers about mental health through their Parents and Youth

Info A-Z. Samaritans - www.samaritans.org/your-community/supporting-schools

Can support schools by giving talks, providing a teaching resource called DEAL, and hosting a suicide response service to support schools following a suicide

SelfHarm.co.uk - www.selfharm.co.uk

selfharmUK is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on.

Stop Stigma – www.cornwallhealthyschools.org/stop-stigma

A classroom based resource for secondary schools that helps address mental health stigma and raise awareness about mental health Time to change - www.time-to-change.org.uk/youngpeople Provides a collection of resources including videos, lessons, assemblies, and toolkits for teachers and youth workers to reduce stigma and discrimination faced by people with mental health problems

Young Minds – <http://www.youngminds.org.uk>

Young Minds is charity committed to improving the emotional wellbeing and mental health of children and young people. They undertake campaigns and research, make resources available to professionals (including teachers) and run a helpline for adults worried about the emotional problems, behaviour or mental health of anyone up to the age of 25. They also offer a catalogue of resources for commissioning support services.

Youth Health Talk - <http://www.healthtalk.org/young-peoples-experiences>

Provides advice and support on mental health issues from young people for young people

What's on your mind? - www.seemescotland.org/whatsonyourmind

A resource pack that includes a video along with downloadable lesson plans to help teachers introduce the subject of emotional wellbeing and mental health to students.

Produced by the Scottish anti-stigma programme 'See Me'

Mindfulness

The Mindfulness in Schools Project (MISP) - www.mindfulnessinschools.org

Includes research on the benefits of mindfulness for children and young people. Offers a teachers' training programme to enable teachers to teach an eight-week mindfulness curriculum called .b (stop, breath and be). Teachers' own established mindfulness practice and completion of an eight-week course is a pre-requisite for the training. Has now launched a primary schools project called paws .

Mindful - www.mindful.org/

Mindful is an initiative that celebrates being mindful in all aspects of daily living - through a magazine, website and social media. Lots of background articles, the latest research on how mindfulness works and links to helpful resources.

Mindful Schools - www.mindfulschools.org

Based in the US, Mindful Schools provides online courses to learn mindfulness and to move onto learning to teach children. They also offer regular training courses in the UK. It has a very informative website in mindfulness for children. Currently there is also a link to a 40 minute film called Healthy Habits of Mind, looking at how mindfulness has been integrated into a primary schools in California which is really worth a watch.

MindUP™ (The Hawn Foundation) - <http://thehawnfoundation.org/mindup/>

Established by the actress, Goldie Hawn, who is well known for her advocacy of mindfulness in schools, The Hawn Foundation has developed a MindUP™ Framework, which teaches social and emotional learning skills that integrates cognitive neuroscience, positive psychology and mindful awareness training.

Susan Kaiser Greenland: The Mindful Child - www.susankaisergreenland.com

Again, based in the US, but full of inspiration and relevant information, author of The Mindful Child, Susan Kaiser Greenland has established the Inner Kids Foundation which teaches mindfulness skills to children in deprived schools and neighbourhoods in Los Angeles. Her website is full of information on recent research on mindfulness with children.

Stressed Teens - www.stressedteens.com

Great website introducing the rationale of mindfulness practice for teens.

Peer Support Programmes

Mentoring and Befriending Foundation - <http://www.mandbf.org>

Provides services that increase the effectiveness and quality of mentoring and befriending as methods of enabling individuals to transform their lives and/or reach their full potential. It has produced guidance and quality standards to help schools implement peer mentoring support for students

Personal, Social, Health and Economic education (PSHE)

Health Education Partnership Ltd. - www.healtheducationpartnership.com

Advice available for emotional wellbeing and PSHE, healthy eating and physical activity. Can also assist schools wishing to renew Healthy School Status. Website has various free resources available to download.

National Children's Bureau - www.ncb.org.uk

The National Children's Bureau website has a variety of useful free resources relation to PSHE delivery.

Personal Finance Education Group (pfeg) - www.pfeg.org

pfeg is the UK's leading financial education charity. It provides resources and lesson plans, help and advice to anyone teaching children and young people about money. pfeg organizes training (often free to schools) and events such as "My money week". For full details visit their website.

The PSHE Association - www.pshe-association.org.uk

The subject association for this area of work, the PSHE association is a membership organisation which supports many aspects of PSHE. Membership fees and all other details are available on their website.

TES Connect - www.tes.co.uk/teaching-resources/

Hundreds of downloadable PSHE lesson plans for primary schools.

Teaching Ideas - www.teachingideas.co.uk/events/

This is a web site that informs readers of significant dates/events across the Year. It is a mix of religious, social, cultural and special interest events. It is fairly thorough and is a good place to look for ideas to link school events to.

Philosophy

Epicurus - www.epicurus.net

A good source of information on Epicurus and Epicurean philosophy.

Mark Vernon - www.markvernon.com

The site of writer and journalist Mark Vernon containing various sources of information on ancient philosophy, including a number of useful articles and interactive quizzes which could be used in the classroom.

Philosophy Bites - www.philosophybites.com

A wide range of philosophical podcasts

Philosophy for Life - www.philosophyforlife.org

Jules Evans' excellent website which clearly outlines and contemporary relevance of ancient philosophy.

Society for Advancing Philosophical Enquiry and Reflection in Education -

www.sapere.org.uk

There are currently three levels of P4C courses validated by the Society for Advancing Philosophical Enquiry and Reflection in Education (SAPERE) with analogous handbooks published as a guide for each level. For more information on P4C and SAPERE courses visit either of these websites

Socratic Cafes - www.philosopher.org

A good source of information to inspire you to set up a Socrates Café in your classroom or school.

The Philosophy Man - www.thephilosophyman.com

Sign up to this site to receive great free resources and ideas to support your classroom enquiries.

Resources to support young people with learning disabilities, physical disabilities and chronic illness

Changing Faces - <https://www.changingfaces.org.uk/Home>

Provide online resources and training to schools on bullying because of physical difference.

Circle of Friends – www.autism.org.uk/working-with/education/educational-professionals-in-schools/resources-for-teachers/circle-of-friends-promoting-inclusion-and-interaction.aspx
Helps children, especially those with a disability, to build a support network.

Children and young people with learning disabilities - understanding their mental health <http://www.mentalhealth.org.uk/content/assets/PDF/publications/children-and-young-people.pdf?view=Standard>

An information pack providing an introduction to learning disabilities among children and young people.

Feeling down - www.learningdisabilities.org.uk/publications/feeling-down-looking-after-my-mental-health/

Looking after my mental health is an easy-read guide for people with learning disabilities from the Foundation for People with Learning Disabilities. The guide provides information and advice on how to look after oneself and get the best out of life.

FRIENDS for life - www.learningdisabilities.org.uk/our-work/health-well-being/friends-for-life

Learning disabilities is part of FRIENDS for Life, a group programme that teaches children and young people techniques to cope with anxiety and promote wellbeing, social and emotional skills and resilience. The FRIENDS for Life Learning Disabilities development project was adapted to be accessible for children and young people with learning disabilities.

I Can - www.ican.org.uk/

Produces factsheets about speech, language and communication difficulties, and has a helpline for parents and practitioners.

Mencap - <https://www.mencap.org.uk>

Represents people with learning disabilities, with specific advice and information for people who work with children and young people.

National autistic society – www.autism.org.uk/our-services/advice-and-information-services.aspx

A website that provides information about autism.

Safety

Child Exploitation & Online Protection Agency (CEOP) - www.ceop.police.uk

CEOP works with child protection partners across the UK and overseas to identify the main threats to children and coordinates activity against these threats to bring offenders to account. We protect children from harm online and offline, directly through NCA led operations and in partnership with local and international agencies.

CEOP's Thinkuknow programme - www.thinkuknow.co.uk

Provides a range of free educational resources - films, lesson plans, presentations, practitioner guidance, games and posters - to professionals working with children and young people. Through the use of our educational materials you can help to empower and protect young people from the harm of sexual abuse and exploitation, both online and off

Social and Emotional Aspects of Learning

SEAL -

<http://webarchive.nationalarchives.gov.uk/20110809101133/nsonline.org.uk/node/87009>

This is a body of work that was first published in 2005, with a range of materials for primary schools. It was available free of charge to all primary schools. It consists of booklets for each year group on each of the seven themes, as well as sets of photographs, booklets for family work and small group work. Most schools have a copy of this, either as the CD ROM, Box File or both. If not, they can be found via the weblink above.

The SEAL Community - www.sealcommunity.org

Set up and supported by leading experts in the field, the SEAL Community is a not-for-profit organisation offering education professionals with an interest in SEAL the opportunity to join a network of like-minded individuals, schools and organisations. The SEAL Community aims to promote, share and develop the excellent SEAL work that so many schools and settings

have been engaged in over the past few years. Joining is quick and easy, and you can pay a yearly subscription by cheque or online. Currently it costs £30 for individuals and £50 for schools

Spirituality

The Association for Children's Spirituality - www.childrenspirituality.org

The Association for Children's Spirituality seeks to promote and support research and practice in relation to children's spirituality within education and wider contexts of children's care and wellbeing. A good source of information, including a poems & quotes page.

Sex and Relationships Education (SRE)

Brook - <http://www.brook.org.uk>

Brook is the largest young people's sexual health charity. They provide clinical and support services; education and training; advocacy, campaigning, lobbying and influencing; and a range of publications for use by teachers, parents and young people on a broad range of sexual health issues.

Christopher Winter Project Resources - <http://cwpresources.co.uk/home/>

CWP resources produce best selling, high quality teaching materials. They have extensive experience of providing schools with Sex and Relationships Education.

FPA - <http://www.fpa.org.uk>

A sexual health charity. They give straightforward information, advice and support on sexual health, sex and relationships to everyone in the UK. They have a 'Find a clinic' service to help you find the nearest free contraception or sexually transmitted infection testing and treatment clinic.

Image in Action <http://www.imageinaction.org>

Acknowledged as leaders in the field of Sex and Relationships Education (SRE) for people with learning disabilities, autism and additional learning needs.

Tender - <http://tender.org.uk>

Using theatre and the arts, they engaged young people in violence prevention workshops, enabling to recognise and avoid abuse and violence. These are run in schools, young centres and PRUs, and can be adapted to many environments and groups.

Terrence Higgins Trust - <http://www.tht.org.uk/our-charity/Our-work>

The largest voluntary sector provider of HIV and sexual health services in the UK. They work in schools, colleges and other settings to deliver Sex and Relationships Education to young people.

The Sex Education Forum - www.sexeducationforum.org.uk/resources/sex-educational-supplement.aspx

A group of organisations and individuals committed to improving sex and relationships education (SRE) for children and young people, have produced a magazine information to help teachers work with this issue.

Training

ADDISS - www.addiss.co.uk/

The National Attention Deficit Disorder Information and Advice Service which provides training for schools on ADHD management and information about ADHD. 'School Report: Perspectives on ADHD' illustrates what it is like to be a child with ADHD in the school system.

Counselling MindEd –

<https://www.minded.org.uk/course/category.php?viewtype=program&id=15>

Counselling MindEd is an online resource within MindEd that provides free evidence-based, e-learning to support the training of school and youth counsellors and supervisors working in a wide variety of settings.

EACH: (Educational Action Challenging Homophobia) - <http://www.each.education/>

Provides a national freephone Actionline for targets of homophobic or transphobic bullying and training to schools on sexual orientation, gender identity matters and cyberhomophobia.

How to thrive - www.howtothrive.org

Provides training for teachers who want to teach the UK Penn Resilience Programme (PRP). Participants develop their own personal resilience and then apply this insight to teaching the curriculum to young people. The PRP is a licenced model, and only those who have received training through an accredited body such as How to Thrive can legitimately teach the PRP curriculum.

In our hands - www.inourhands.com/

Provides training on a wide range of emotional wellbeing and mental health issues from promoting positive mental health to holding sessions on eating disorders, and self-harm. It ensures that advice, guidance and support is practical and relevant to the school environment by working with school staff to develop new materials. The website includes some free resources that can be delivered to young people, teachers and parents.

MindEd - <https://www.minded.org.uk>

MindEd provides free e-learning to help adults to identify and understand children and young people with mental health issues. It provides simple, clear guidance on mental health to adults who work with children and young people, to help them support the development of young healthy minds

Mindfulness - <http://mindfulnessinschools.org/>

In schools project offer a range of courses including “ .b,” which stands for ‘Stop, Breathe and Be,’ and can be used with a range of different age groups.

National Association of Independent and Non-Maintained Special Schools (NASS) - www.nassschools.org.uk/

Is a membership organisation working with and for special schools in the voluntary and private sectors within the UK. 'Making sense of mental health' is an e-learning resource for staff working in schools with children and young people who have complex special educational needs. The e-learning training increases staff knowledge about mental health and how this relates to children with disabilities. May 2015 Promoting Pupil Wellbeing and Mental Health in Schools: Barnet & Harrow Place2Be - www.place2be.org.uk Provides

counseling services for children and support for teachers and parents. It also provides continuous professional development training sessions that address themes related to children's emotional wellbeing in schools, such as safeguarding, attachment, understanding risks and resilience and others. The sessions help reduce teacher and staff stress by providing practical approaches that help them deliver effective support. It also provides a range of professional qualifications around counseling in schools.

Schools Out - <http://www.schools-out.org.uk>

Offers practical advice, resources (including lesson plans) and training to schools on LGBT equality in education.

Stonewall – http://www.stonewall.org.uk/at_school/

An LGBT equality organisation with considerable expertise in LGB bullying in schools, a dedicated youth site, resources for schools, and specialist training for teachers.

YoungMinds - www.youngminds.org.uk/training_services/training_calendar

Provides a range of support to schools, including training. It provides a varied training calendar and schools are also able to commission bespoke training packages.

Sustainability and the environment

Action Renewables - www.actionrenewables.co.uk/services/education/educational-resources/

This site is packed with information and activity sheets for all key stages, although there is more available for primary schools - a great resource.

Eco Schools - www.keepbritaintidy.org/ecoschools

Eco Schools is an international award programme that supports schools develop a framework to help embed sustainable principles and practice in school life. The website has lots of information for schools, including how to get involved, competition and case studies of inspiring practice.

NCB/One Step One World Challenge - www.ncb.org.uk/sustainable-lifestyles/one-step-one-world

The National Children's Bureau has developed the One Step One World Challenge that aims to engage children and young people in learning about taking action in sustainable living. This document is an engaging Leader Pack for the Challenge, which provides information and practical ideas for staff.

Sustainable Schools Alliance - www.sustainable-schools-alliance.org.uk

The Sustainable Schools Alliance aims to provide support to all schools in the UK to enable them to put sustainability at the heart of what they do. The site has a wealth of information and useful links

The Arts

Creative Partnerships - www.creative-partnerships.com

This is an organisation, which brings together artists of different genres and backgrounds to work in schools and inspire students through the arts.

Sing up - www.singup.org

Sing Up's mission is for every school in England to become a singing school, which puts singing at the heart of school life. Visit their website to find out about their award scheme for schools, teacher training and download free songs and resources.

Random Acts of Kindness - www.randomactsofkindness.org

This website has some inspiring arts and crafts lesson plans to develop acts of kindness through creativity

Wellbeing and Resilience

Action for Happiness - www.actionforhappiness.org

A good website for resources and information to support lesson planning.

Building Adolescent Resilience - <http://www.lgfl.net/curriculum-resources/Pages/Adolescent-Resilience.aspx>

Website providing information about resources and materials available to help schools practically build resilience in their pupils.

Anxiety BC - www.anxietybc.com

Good website introducing anxiety and suggesting ways to talk about it with young people. It has an informative interactive zone for young people.

Bounceback - www.bounceback.com.au

An Australian based programme, a number of UK schools are now implementing its Wellbeing and Resilience Programme. All details are available of the website.

Dove Self Esteem Project - www.selfesteem.dove.co.uk

The Dove Self Esteem Project aims to improve the self-esteem of more than 15 million young people by 2015. The website (from Dove soap, part of Unilever) has sections in the areas of friendships and relationships, teasing and bullying, growing up and body image, boosting self esteem, the role of the media.

Education Endowment Foundation – <https://educationendowmentfoundation.org.uk>

The Sutton Trust-EEF Teaching and Learning Toolkit is an accessible summary of educational research which provides guidance for teachers and schools on how to use their resources to improve the attainment of all pupils and especially disadvantaged pupils.

GET Self Help - www.getselfhelp.co.uk Numerous free and downloadable cognitive behaviour therapy-based worksheets and resources.

Hands on Scotland - www.handsonscotland.co.uk An excellent site full of information on EHWP and flourishing

Kidspace - <http://akidspace.co.uk>

Kidspace focuses on helping children and young people understand their feelings and learn how to manage them as well as help children cope, and adjust to the changes in their family. They conditionally offer a confidential space for the child/young person

Mind with Heart - www.mind-with-heart.blogspot.co.uk

Mind with Heart is a charity dedicated to equipping young people with the social and emotional skills necessary to their well-being and to a sustainable society. It offers a secondary school curriculum consisting of three modules: mindfulness & awareness, empathy and compassion and universal responsibility & sustainability.

Penn Resiliency Project - www.ppc.sas.upenn.edu/prpsum.htm

Overview and structure of the Penn Resilience Programme Curriculum.

Relate - <http://whatnext.relate.org.uk>

Children and young people will need to adjust to many changes if their other parent separate. Some of that adjustment can be difficult and painful. It may leave the child/ young person feeling many things, including angry or sad or confused. They may even blame themselves for what's happened to their family. This can make the child/young person behave in many ways. The Relate website, "The Parents Guide to Separation" offers useful help and support.

Strengths Gym - www.strengthsgym.co.uk

Strengths Gym provides an educational course that enables students and teachers to work together to learn about, recognise, build upon, and use their strengths more in the classroom, at home, and in life.

The Flow Genome Project - <http://www.flowgenomeproject.co>

This is an organisation dedicated to researching and cultivating flow – or peak – experiences, to help us maximise our engagement with and experience of life. The website contains a lot of inspirational video, which would be good for classroom life.

Young Minds - www.youngminds.org.uk/

Young Minds is charity committed to improving the emotional wellbeing and mental health of children and young people. They undertake campaigns and research, make resources available to professionals (including teachers) and run a helpline for adults worried about the emotional problems, behaviour or mental health of anyone up to the age of 25. They also offer a catalogue of resources for commissioning support services.

Wellington College - <http://intranet.wellingtoncollege.org.uk/well-being>

Visit Wellington College's intranet wellbeing pages for an overview of their wellbeing lessons and a multitude of valuable ideas and resources.