

# Resources pages

\*For further subject specific resources please also see individual guides

**Emotional Regulation** The following links cover various aspects of helping ourselves and our students to regulate our emotions. They either offer practical tips and advice or give more detail some of the theory behind these approaches:

- [https://www.actionforchildren.org.uk/what-we-do/children-young-people/mental-health/cant-talk-write/?utm\\_source=twitter&utm\\_medium=socialorganic&utm\\_campaign=&utm\\_content=stat](https://www.actionforchildren.org.uk/what-we-do/children-young-people/mental-health/cant-talk-write/?utm_source=twitter&utm_medium=socialorganic&utm_campaign=&utm_content=stat)– Action for Children, Can't Talk Write resources.
- <https://www.camhs-resources.co.uk/downloads> - CAMHS Resources
- [https://www.acc-uk.org/public/docs/page-pdfs/SENSE\\_COVID-19.pdf](https://www.acc-uk.org/public/docs/page-pdfs/SENSE_COVID-19.pdf)–Nicola Lester
- <https://beaconhouse.org.uk/wp-content/uploads/2019/09/The-Three-Rs.pdf>–Regulate, Relate, Reason: Beacon House
- <https://jessicalangtherapy.com/blog/regulate-relate-reason-brain-state/> - Regulate, Relate, Reason: Jessica Lang
- <https://beaconhouse.org.uk/wp-content/uploads/2019/09/Labels-1.pdf> and <https://www.youtube.com/watch?v=Wcm-1FBrDvU&t=174s> –The Window of Tolerance: Beacon House
- <https://www.youtube.com/watch?v=Q9A3hDJE5lc>–Judith Staff on emotional literacy and explaining the virus to children

**General:** The following are useful general resources for considering a response to COVID-19 and trauma-informed practice:

- <http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links/> - Dr Karen Treisman has gathered together many resources, videos and blogs with information on trauma-informed responses to the Pandemic.
- <https://beaconhouse.org.uk/wp-content/uploads/2019/09/Schools-Resources-List-2.pdf>–Beacon House have excellent resources for educators on 'survival modes' and trauma-informed working.
- <https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>–The DfE and government has collated and published a series of resources and information documents for schools in the current environment.
- <https://www.annafreud.org/media/11160/supporting-schools-and-colleges.pdf>–Anna Freud have lots of excellent guides to trauma-informed schooling, as well as information on supervision in schools and staff well being.
- <https://elearning.creativeeducation.co.uk/#courses>–Creative Education have a host of free e-learning courses, covering a range of subjects, including COVID-19 and safe returns to school.
- <http://www.safehandsthinkingminds.co.uk/wp-content/uploads/2016/03/feeling-safe-putting-up-defenses.pdf>
- <https://www.naht.org.uk/news-and-opinion/news/leadership-news/frequently-asked-questions-about-coronavirus/>
- <https://childmind.org/topics/concerns/responding-to-traumatic-events/> - Child Mind Institute has lots of fantastic resources to support mental health, including COVID-19. It is however worth bearing in mind that Child Mind Institute is an American organisation and so practice may vary.

**Loss and Bereavement** Unfortunately, many of us will lose loved ones during the pandemic. We may experience critical illness ourselves or watch our loved ones go through this. We may also experience other forms of loss. The following organisations, websites and resources can help to support us:

- <http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx>—For those experiencing loss
- <http://www.childhoodbereavementnetwork.org.uk/running-a-service/covid-19.aspx>—For those assisting the bereaved
- <https://www.youtube.com/watch?v=n9a79NeUARo&feature=youtu.be> – Karen Treisman on loss and grief and Covid-19. The discussion includes anticipatory grief, community grief and symbolic/metaphorical loss as well as actual bereavement.
- <https://www.winstonswish.org/coronavirus/> - Support with loss
- <https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/about-bereavement/>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>
- <https://www.ataloss.org/listeningpeople>—At A Loss provide grief counselling
- <https://lets-get.com/explore/bereavement/> - Dudley's Lets Get Bereavement pages

**Maintaining Contact and Other Support** Useful links for schools:

- [https://www.youtube.com/watch?v=i8\\_7cK2BhQ0&feature=youtu.be](https://www.youtube.com/watch?v=i8_7cK2BhQ0&feature=youtu.be) - A discussion with a Head Teacher on ways to adapt
- <https://www.youtube.com/watch?v=rxnZ3xI9N04&feature=youtu.be>—A TES Webinar about maintaining contact as a way to support pupil wellbeing
- <https://www.unicef.org/media/58081/file/UNICEF-WHO-UNESCO-handbook-school-based-violence.pdf> - Practical Handbook on school-based violence prevention.

**Miscellaneous** The following links are also useful perhaps for ourselves or to share with others in our school community:

- <https://safelives.org.uk/> - Support with Domestic Abuse
- <https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you>—Support with Debt
- <https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/> - Citizens Advice
- <https://www.alzheimers.org.uk/get-support/coronavirus-covid-19> - Alzheimer's, Dementia and COVID-19
- <https://alcoholchange.org.uk/help-and-support/get-help-now/coronavirus-information-and-advice-hub/coronavirus-getting-support> - Support for heavy drinkers
- <https://www.gamcare.org.uk/gambling-impacts/coronavirus-looking-after-your-mental-wellbeing/?cn-reloaded=1>—Gambling

**Online Safety** It's likely that young people will spend increased amounts of time online during the pandemic. It is important that they stay safe. We can provide them with information on how to do so or send links to parents/carers. The following may be useful:

- [Thinkyouknow](#) (advice from the National Crime Agency to stay safe online)
- [Internet matters](#) (support for parents and carers to keep their children safe online)
- [Parent info](#) (support for parents and carers to keep their children safe online)
- [LGfL](#) (support for parents and carers to keep their children safe online)
- [Net-aware](#) (support for parents and carers from the NSPCC)
- How to operate remote learning safely: <https://swgfl.org.uk/resources/safe-remote-learning/>
- Delivering ethical e-safety education in primary schools: <https://www.victimfocus.org.uk/resources-for-professionals>

**Post COVID-19** Eventually educational institutions will re-open. When they do there is vital work to be done in supporting wellbeing for staff, students and families. The principles set out in these links will help in these efforts to plan for this eventuality now (see emotional regulation links too):

- <https://www.evidenceforlearning.net/recoverycurriculum/>
- <https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/coronavirus-wellbeing-activity-ideas-for-schools/>
- <https://www.youtube.com/watch?v=V8K0Qen7m64&feature=youtu.be> - A broad ranging discussion on ways to support pupils and staff with their well being through transitions of all kinds post-virus.

**SEND** If we have Special Educational Needs or Disabilities then the experience of a global pandemic can present us with unique challenges. For those of us with loved ones with SEND, or if we support students with SEND, we may need extra assistance in helping them cope with and adapt to the challenges of the pandemic. The following links provide advice, guidance and information on SEND and COVID-19:

- [https://search3.openobjects.com/mediamanager/blackburn/directory/files/1\\_issue\\_50\\_-\\_special\\_edition\\_-\\_march\\_2020\\_1.pdf](https://search3.openobjects.com/mediamanager/blackburn/directory/files/1_issue_50_-_special_edition_-_march_2020_1.pdf) - This contains an absolute wealth of links to resources that can be accessed for those with SEND
- [https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/?utm\\_source=Subscriber&utm\\_campaign=0401ae5288-EMAIL\\_CAMPAIGN\\_2019\\_12\\_02\\_03\\_10\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_f59ca1eb20-0401ae5288-119372361](https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/?utm_source=Subscriber&utm_campaign=0401ae5288-EMAIL_CAMPAIGN_2019_12_02_03_10_COPY_01&utm_medium=email&utm_term=0_f59ca1eb20-0401ae5288-119372361)—A podcast discussion on ASD and COVID-19
- <https://inclusiveteach.com/free-printable-sen-teaching-resources/> - Printable resources on COVID-19
- <https://www.autism.org.uk/services/helplines/coronavirus.aspx>—National Autistic Society.
- <https://www.bbc.co.uk/bitesize/articles/zh9v382>—BBC Bitesize SEND page
- [https://search3.openobjects.com/mediamanager/blackburn/directory/files/1\\_issue\\_50\\_-\\_special\\_edition\\_-\\_march\\_2020\\_1.pdf](https://search3.openobjects.com/mediamanager/blackburn/directory/files/1_issue_50_-_special_edition_-_march_2020_1.pdf) - NW SEND regional network newsletter, containing lots of useful links.

**Staff wellbeing and self-care** These sites have information on ways to support staff or offer advice to parents/carers on ways we can support ourselves during the pandemic:

- <https://www.yarboroughacademy.co.uk/for-parents-and-carers/looking-after-you-and-your-family-during-coronavirus/>
- <https://www.bps.org.uk/news-and-policy/new-bps-advice-supporting-teachers%E2%80%99-resilience-during-school-closures>
- <https://www.tes.com/news/hub/teacher-wellbeing>
- <https://youngminds.org.uk/resources/school-resources/caring-for-the-wellbeing-of-teachers-and-school-staff/>

**Support that young people can access themselves:** These sites are good resources with a child or young person-friendly focus:

- <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>
- <https://www.childrensociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault/advice-for-children-age-13-17>
- <https://riseabove.org.uk/topic/my-mind/>
- <https://www.millieandsuzie.com/> - Why we stay home, Samantha Harris & Devon Scott . Free downloadable book for children.

**Talking to children about the virus.** There are a number of excellent guides and summaries of effective ways to do this:

- The Children's Commissioner: <https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>
- The Lancet: [https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642\(20\)30097-3/fulltext](https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(20)30097-3/fulltext)
- NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>
- Unicef: <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>
- British Psychological Association: <https://www.bps.org.uk/news-and-policy/advice-talking-children-about-illness>
- Young Minds: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

**Trauma-Informed Practice for Organisations** To sustain support for staff and student well being longer term, a trauma-informed and *responsive* approach is vital. The following links provide information on ways educational institutions can celebrate and improve their organisational culture:

- <https://www.youtube.com/watch?v=9J7ayCkw4eg> - 'Organisational Culture is the 'springboard' for everything else, not a luxury.'
- <https://www.bathspa.ac.uk/schools/education/research/attachment-aware-schools/> - Attachment aware schools
- [https://www.brighton-hove.gov.uk/sites/brighton-hove.gov.uk/files/Behaviour%20Regulation%20Policy%20Guidance%20-%20Sep%2018\\_1.pdf](https://www.brighton-hove.gov.uk/sites/brighton-hove.gov.uk/files/Behaviour%20Regulation%20Policy%20Guidance%20-%20Sep%2018_1.pdf) - Relationship-based policies on behaviour

## Trauma-Informed Practice for Organisations Continued:

- <http://www.sanctuaryweb.com/> - Trauma Informed Organisations and systems theory
- <https://www.youtube.com/watch?v=osiOfICFEso>—A discussion with Dr Karen Treisman on trauma-responsive organisations
- <https://www.maine.gov/dhhs/ocfs/cbhs/webinars/documents/THRIVE-Guide-to-Trauma-Informed-Organizational-Development.pdf>—Guidance on developing trauma-informed practice as an organisation
- <https://pdfs.semanticscholar.org/d9f8/0d67fc1188b91d1817b677f62de81d587a80.pdf>—Trauma Informed Schools
- <https://www.nes.scot.nhs.uk/media/4236974/FINAL%20REVISED%20CONSULTATION%20NESD0715-NATIONAL-TRAUMA-TRAINING-STRATEGY-V7-DL.pdf>—The Scottish Government's trauma training framework

**Local Sources of Support** The following links are places people can visit to access local support within the West Midlands region:

### Birmingham:

- [https://www.birmingham.gov.uk/coronavirus\\_advice](https://www.birmingham.gov.uk/coronavirus_advice)
- [https://www.bvsc.org/directory?category\\_468%5B5D=Health+and+Social+Care&display\\_name=&postal\\_code=&organisation\\_description\\_13=](https://www.bvsc.org/directory?category_468%5B5D=Health+and+Social+Care&display_name=&postal_code=&organisation_description_13=)

### Coventry:

- [https://www.coventry.gov.uk/info/1/council\\_and\\_democracy/3551/covid-19\\_coronavirus](https://www.coventry.gov.uk/info/1/council_and_democracy/3551/covid-19_coronavirus)
- <https://cid.coventry.gov.uk/kb5/coventry/directory/family.page?familychannel=0>

### Dudley:

- <https://www.dudley.gov.uk/council-community/emergencies/coronavirus-advice/>
- <https://www.dudleyci.co.uk/kb5/dudley/asch/adult.page?adultchannel=2>
- <https://lets-get.com/healthy-lifestyles/mental-wellbeing/looking-after-your-health-and-wellbeing-throughout-covid19/> - For more information about Dudley's bereavement boxes scheme contact Rachael Doyle at [CYPTeam@Dudley.gov.uk](mailto:CYPTeam@Dudley.gov.uk)

### Sandwell:

- <https://www.sandwell.gov.uk/coronavirus>
- <https://sandwellfamilylife.info/>
- [https://www.sandwell.gov.uk/directory/11/information\\_point](https://www.sandwell.gov.uk/directory/11/information_point)

### Solihull:

- <https://solihull.mylifeportal.co.uk/solihulldirectory>
- <https://www.solihull.gov.uk/Resident/socialservicesandhealth/Coronavirus>

### Walsall:

- <https://onewalsall.org/>
- [https://go.walsall.gov.uk/covid-19\\_information/coronavirus\\_covid\\_-\\_19\\_help\\_support\\_for\\_walsall\\_residents](https://go.walsall.gov.uk/covid-19_information/coronavirus_covid_-_19_help_support_for_walsall_residents)

### Wolverhampton:

- <https://www.wolverhampton.gov.uk/coronavirus-advice-and-information>