






St John's Highbury Vale CoE Primary School

Family Mental Health & Wellbeing Information

WORK IT OUT			
Cosmic Kids Yoga YouTube		Interactive adventures which build strength, balance, confidence and gets kids into yoga and mindfulness	https://www.youtube.com/CosmicKidsYoga/videos
Grow with Jo		Helping you find yourself again through movement you enjoy. Get started on your journey to health and wellness.	https://www.youtube.com/growwithjo
Yoga with Adrienne		Welcome to Yoga With Adrienne! The mission is to connect as many people as possible through high-quality free yoga videos.	https://www.youtube.com/yogawithadrienne
Yoga Bugs		Yoga Bugs is the largest children's yoga inspired activity in the UK offering classes for children from walking age to seven years and beyond!	https://www.youtube.com/channel/YogaBugs
Mr and Mrs Muscle		Workout training for those who need time efficient workouts that will help them drop fat, drop water weight, build muscle, increase strength and develop their functional fitness.	https://www.youtube.com/MrandMrsMuscle

OURPLACE

Online courses dedicated to improving emotional health and wellbeing in parents, carers, grandparents and teens.



UNDERSTANDING YOUR CHILD



To access the online courses: Visit the 'Our Place' website

- Click on 'Start now: Buy courses or apply code'
- Enter access code: Bright start
- Enter your information and postcode
- Start your course

Website: <https://inourplace.co.uk/>

CAMHS

This site was created for young people, parents, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.



Useful websites <https://www.camhs-resources.co.uk/websites>

Resources available to download <https://www.camhs-resources.co.uk/downloads>

Wellbeing Apps <https://www.camhs-resources.co.uk/apps-1>

Videos <https://www.camhs-resources.co.uk/videos>

Books <https://www.camhs-resources.co.uk/books>

NHS Wellbeing Apps

StayAlive <https://www.stayalive.app/>

The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.



Bright Sky <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/bright-sky/>

Bright Sky is a free to download, confidential mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know.

WorkLife Central <https://www.worklifecentral.com/>

The WorkLife Central programme consists of a curated collection of expertise, information and inspiration available through video, live event and written format, covering five principal topic areas – Careers, Families, Inclusion, Wellbeing and Workplace.

Headspace <https://www.headspace.com/>

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.

Unmind <https://unmind.com/>

Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing.

Zero Suicide Alliance <https://www.zerosuicidealliance.com/>

Zero Suicide Alliance provides you with a range of free online learning sessions that provide you with a better understanding of the signs to look out for and the skills required to approach someone who is struggling, whether that be through social isolation or suicidal thoughts.

iCope

<https://www.icope.nhs.uk/camden-islington/groups-workshops/online-workshops/>

- Moodbooster
- Assertiveness
- Perfectionism
- Cognitive Behaviour Therapy
- Getting Active with a Chronic Condition

Refer yourself Online <https://www.icope.nhs.uk/pre-referral/>

Islington: 02033177252

GP Referral

You can ask your GP to make a referral for you.



Charlie Waller Free Webinars

Live webinars for anyone who looks after children and young people - parents, carers, educators - as well as young people themselves and anyone interested in psychology or mental health.

<https://charliewaller.org/what-we-offer/free-webinars/>

Practical advice and relevant information based on clinical evidence

<https://charliewaller.org/resource-library/>



Action for Happiness

Meaningful Calendar - Let's find ways to be part of something bigger

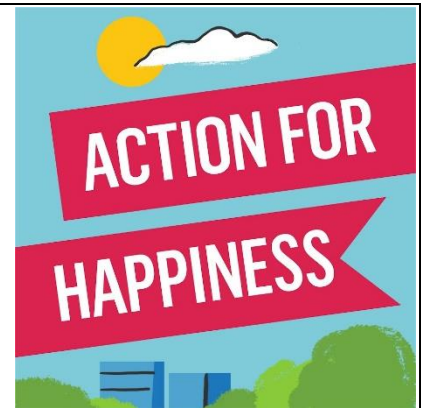
<https://actionforhappiness.org/calendar>

Take Action and download - Taking action can lead you towards a happier life

<https://actionforhappiness.org/take-action>

Talks - Join at the next online event, or explore the past Talks library with experts from across the field of wellbeing.

<https://actionforhappiness.org/talks>



Smart Parenting

Parenting advice and practical tips from our child mental health experts to support children's wellbeing and behaviour

<https://parentingsmart.place2be.org.uk/>



Islington Mind

Local Minds centres run mental health services in local communities. Anyone can get in touch – you don't need to have a GP referral. Each local Mind is different, but the services they offer might include:

- *Talking therapy*
- *Crisis helplines*
- *Advocacy*
- *Employment and training schemes*
- *Counselling*
- *Befriending services*

Units 4 and 10 Archway Business Centre, 19/23 Wedmore Street, London, N19 4RU

<http://www.islingtonmind.org.uk>

0203 301 9850

admin@islingtonmind.org.uk



Side by Side

Mind runs the online peer to peer support community Side by Side, which is open to anyone over 18. Here you can talk about your mental health and connect with others who understand what you are going through.

<https://sidebyside.mind.org.uk/>

More information about Minds, the support you can get, and how you can get involved

<https://www.mind.org.uk/>