

Wellbeing Wednesday

Welcome to this week's edition of Wellbeing Wednesday.

This week we share some information and links from Hampshire CAMHs and the NHS on support and coming through COVID.

School Wellbeing Areas

Keep checking these for updates and all the information we are putting out with regard to wellbeing. Lots of links and resources are kept in these pages.

CAMHs NHS

CAMHs have published a booklet for professionals/parents supporting young people at this time. Its called:

How to Cope After Covid-19 and the Pandemic;

Teenage resources section can be found here:

<https://hampshirecamhs.nhs.uk/help/young-people>



Yes Futures

Yes Futures is an organization we have flagged before. They offer support to young people around positivity and resilience. This week they have published some information on 'resilience and shared their positivity calendar full of fun things to do to stay positive. Find it here:

[Positivity Calendar/ Resilience](#)

<https://mailchi.mp/yesfutures/positivity-calendar-945241?e=2d33b4132a>



Dove Self Esteem

Don't forget the great online resources from Dove and the team. There are some great links to how we can support young people with body image.

[Dove Self Esteem](#)

https://www.dove.com/uk/dove-self-esteem-project/help-for-parents/self-esteem-at-home.html?dm_i=5ZWG,1HXV,DDI0R,5K1X,1

“Every Mind Matters, Every Student Counts”

Contacting School

If your child is unwell and cannot complete work set by school, please contact the absence line at absence@wildern.org

Year 10 face to face guidance has been sent out this week, please check your emails for the information.

Virtual assemblies are back, keep an eye out for them as they drop into your child's inbox!

Hampshire CAMHs

There is a help section for both parents/carers and professionals with information, advice and resources (including videos, podcasts, downloads) on a number of mental health difficulties and life issues (including but not limited to; anxiety, low mood, trauma, behaviour or concern, bereavement and loss) that many young people experience;

www.hampshirecamhs.nhs.uk

NHS Crisis Helpline

The link below takes you to the 11-19yo crisis helpline.

[NHS Crisis Booklet](#)

<https://www.letstalkaboutit.nhs.uk/other-services/support-for-young-people/>

