



COVID-19

Wellbeing Support

Dear Parents,

At St. Mark's, we recognise that our children will have had many different experiences of Covid-19 and this poster offers support that you can access for your child to support their mental health and wellbeing. This includes anxiety of returning to school, which we understand many of our children may be feeling.

Please contact the school if you would like any further support.

Mrs. Linley and the St. Mark's Team

ForwardThinking
Birmingham



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

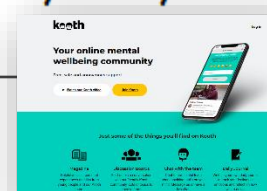
During these unprecedented times, 'Forward Thinking Birmingham' is here providing easily accessible mental health support for our children and young people. These services are provided to offer emotional support, guidance and reassurance to young people in Birmingham who may find the current COVID-19 (coronavirus) situation overwhelming.

kooth

www.kooth.com

Kooth is a new free, digital counselling service to support young people's emotional and mental health in Birmingham. We know young people have been worried about exams being cancelled and the impact of Covid-19 on their loved ones.

Kooth gives children and young people (11-25) the opportunity to access online counselling from qualified counsellors and Emotional Well-being Practitioner who are available 12 noon until 10pm Monday-Friday and 6pm-10pm on Saturday and Sunday, 365 days per year.





ELSA SUPPORT 14 day Home Challenge
Click the BLUE writing to take you to a resource which you can download and print.

<p>Happy Jab Booklet Look at the five things you can do each day to help you feel happier. Developing relationships with others can be done by telephone or video chat. It could also be done by writing a letter or by making a card for someone.</p>	<p>Jar of Courage Make a jar of courage with help from an adult. Put the labels on your jar and fill it up with the positive quotes. Take one out each day and read it. Believe in!</p>	<p>Hug in a Mug Give yourself a hug in a mug. Decorate the mug and add all the things that make you feel happy in the pieces of marshmallow.</p>	<p>Star Breathing Learn how to do star breathing so that you feel nice and calm when you feel either anxious, angry or upset. I bet you could draw your own star too. See if you can copy the poster and draw your own.</p>	<p>Self-esteem Bookmark Colour your own self-esteem bookmark and read it every day to remind yourself how amazing you are. You can use it when you read your book. You can do lots of reading at this time.</p>
<p>Mindful Flip Flop Some lovely mindful colouring today. I wonder if you can manage to colour all the sections and think about the words. Can you find time to really relax today? Enjoy opening and closing your flip flop!</p>	<p>Happiness Challenge There are five days worth of activities here but I bet you could do them all in a day if you set your mind to it. Lots of lovely happiness fun!</p>	<p>Mandala Wishes Today you need to draw your picture in the centre of the mandala and then think about your wishes. Write them in the petals and then do lots of lovely mindful colouring.</p>	<p>Mindful Rainbow Walk You might only be able to go into your garden if you have one but you could do this around your house and by looking through the windows. What do you notice?</p>	<p>A-Z of Self-care What can you do to look after yourself today? Read through the poster and then make your own A-Z of self-care.</p>
<p>Doodle a Day Doodling is relaxing. Try filling this all in today. What creative doodles can you do?</p>	<p>20 Faces Can you fill in all the faces with different expressions? Think about all the emotion words you know and try and put a face to each one.</p>	<p>Mindful Challenge There are five days of activities here but I bet you can do them all in a day if you set your mind to it. Have a lovely mindful time!</p>	<p>My Perfect Day What would your perfect day look like? Fill in this comic strip with all the things that would make it just perfect.</p>	

You can find this useful resource on Forward Thinking Website under 'Resources' tab.

The activities will help your children's wellbeing at this difficult time and hopefully help to keep them occupied in a proactive and beneficial way.

What to do if you are in a CRISIS...

Please call the team on 0300 300 0099 and select option 1

CRISIS TEAM

Opening Times
 24 hours a day, seven days per week.

If someone's mental health deteriorates significantly, they may not be able to wait for an appointment with a GP or community team. Sometimes more urgent support is needed to ensure your safety or the safety of others - and this is where our Crisis team comes in.

When you call our Crisis team, we'll talk to you about your concerns and agree what needs to happen next. If a visit from us is the right option, we'll arrange a safe place to meet, either at home or another location. During a visit, we'll work with you to decide what immediate and short-term help is needed, to get things back on track. **We aim to respond as quickly as possible to calls but if our team is out on other visits it may take up to four hours for them to reach you.**

If you or someone around you is in immediate physical danger, please dial 999 or visit [your nearest Accident & Emergency department](#).