

**Adult Mental Health Support**

The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.

It is a fantastic platform which sign-posts a range of agencies in your local area, from supporting trauma, substance misuse, financial support and many more challenges which may face our families. Scan the QR code to access the resource



**World Mental Health Day 10<sup>th</sup> October 2022**

At Dane Royd, we are dedicated to supporting the Mental Health and Wellbeing of staff, students and families. In school on Monday 10<sup>th</sup> October, we will be doing a number of things to participate in World Mental Health Day.

These include a whole school assembly delivered by Mrs Hemingway, our Mental Health Lead, exploring the theme of this year's appeal, 'Make mental health and well-being a priority for all.' Each class will be participating in PSHE lessons looking at how to look after their well-being with a specific focus on similarities and differences. Every child in school will also create a piece of work for our whole-school well-being display which will share children's top tips on how to have a healthy mind.

On our school website, you can find lots of information about services in Wakefield and beyond to help children and families access support under the Safeguarding tab.

<https://www.daneroyd.com/family-support>

**Mental Health Support for Children and Young People**

**Young Minds**

<https://www.youngminds.org.uk/parent/>

**Place to Be**

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

**NSPCC**

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

**Action for Children- Parent Talk**

[https://parents.actionforchildren.org.uk/?\\_ga=2.130130061.366929122.1632667100-739996755.1632667100](https://parents.actionforchildren.org.uk/?_ga=2.130130061.366929122.1632667100-739996755.1632667100)

**BBC Bitesize- Parent Support**

<https://www.bbc.co.uk/bitesize/articles/zy44bqt>

**Books and Films about Mental Health**

Reading books or watching films with your children about mental health is a great way of opening discussion and reducing stigma.

Here are some recommendations:

**Inside Out (Film)**

- My Many Coloured Days - Dr Suess (age 3-5)
- The Princess and The Fog- Linda Bayliss (age 5-7)
- The Colour Thief- Andrew Peters (age 7-9)
- Ruby's Worry - Tom Percival (age 0-5)
- Tilda Tries Again - Tom Percival (age 0-5)
- Ravi's Roar - Tom Percival (age 0-5)
- When Sadness Comes to Call- Eva Eland (age 4+)
- Where Happiness Begins - Eva Eland (age 4+)
- Mabel and the Mountain- Kim Hillyard (age 5+)
- Me and My Fear- Francesca Sanna (age 5-10)

**Safeguarding Concerns**

If you have any concerns about the safeguarding of a child, please contact one of the school's Designated Safeguard Leads.

Miss Kelly - Head DSL

Mrs Kendall - Deputy DSL

Mrs Hemingway - DSL

