



THE OAK-TREE GROUP OF SCHOOLS

Mental Health and Wellbeing Links

CLICK ON THE LINKS BELOW TO BE REDIRECTED TO THE RELEVANT PAGE

Emotional Wellbeing through Coronavirus

- [Guidance for the public on the mental health and wellbeing aspects of coronavirus \(COVID-19\).](#)
- [Mind, coronavirus and your wellbeing to support quarantine/self-isolation](#)
- [Getting Help in Essex](#)
- [For your mind health get 'your mind plan' quiz, get 'your physical health quiz', plus NHS endorsed Apps](#)
- [Mental health explained by the organisation Mind](#)
- [The app by Action for Happiness is like having a little personal action coach in your pocket who; Gives you friendly 'nudges' with an action idea each day; sends you inspiring messages to give you a boost and; helps you connect & share ideas with like-minded people](#)
- [How to support someone experiencing mental health difficulties by the Mental Health Foundation](#)
- [16+ self-help CBT online course by Moodgym](#)
- [Togetherall \(18+\) A safe community to support your mental health, 24/7](#)
- [Parental mental health: How to help children living with parents with mental health problems by NSPCC](#)
- [Young Minds for parents](#)
- [Activities for families whilst in self-isolation by Home Start](#)
- [Parent helpline and online counselling by Relate](#)
- [NHS mental wellbeing audio guides](#)
- [Mental Health Foundation Podcasts](#)
- [Obsessional Compulsive Disorder - OCD UK](#)
- [Rethink Advocacy: Essex All Age Advocacy service provides statutory and non-statutory advocacy for the community in Essex](#)
- [Renew Counselling](#)
- [N.O.Ws The Time for Change uses coaching methods combined with alternative therapies to improve wellbeing.](#)
- [Essex Family Wellbeing Resource Hub](#)
- [The Good Grief Trust](#)
- [Text support if you are feeling overwhelmed or struggling to cope](#)

Teacher Support Lines

- [Teachers telephone support and counselling.](#)
- [Text support service for teachers by Teach Together](#)

Urgent Issues

If you or someone that you care for is having an urgent mental health issue, you should:

- Call your mental health support worker, if you have one - this may be your care co-ordinator or key worker
- Call NHS 111: This NHS service is available 24 hours a day
- Book an emergency GP appointment - they should be able to offer you an appointment in a crisis with the first available doctor
- Call Adult Social Care on 0345 603 7630 or 0345 606 1212 (outside of normal working hours)
- Call the Crisis Team at EPUT (for Adults) or the Crisis Support Service (for Young People) on 0300 555 1201
- NHS Choices has a mental health helpline page with a list of organisations you can call for immediate assistance