

**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



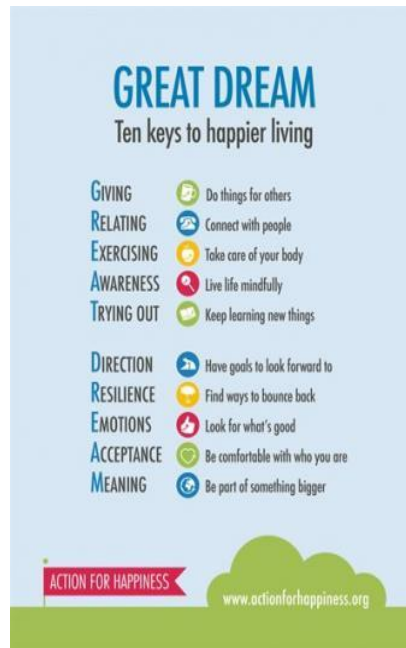
**World Mental Health Day 10<sup>th</sup> October 2024**

At Dane Royd, we are dedicated to supporting the Mental Health and Wellbeing of staff, students and families. 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>

Children will take place in daily mindful activities next week, equipping them with some useful strategies and coping skills which they can use in everyday life. Keep an eye out on twitter to see what your child is focusing on next week.

**Optimistic October**



Action for Happiness is a fantastic resource to support daily well-being and mood. Through simple daily tasks, the website encourages positive thoughts and acts of kindness. This month's theme is Optimism.

*Why not try the calendar as a family?*

**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>

**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/Mental Health Lead

Mrs Hemingway - DSL/Mental Health Lead

Mr Lee - DSL and e-safety

**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)