

IThrive School Network Emotional Health Toolkit

Resources

Be Kind to My Mind – is an online ‘youth led’ resource which young people, parents and professionals can use to see what mental health support is available across Bolton. [Be Kind To My Mind is a Bolton campaign, developed by the Healthy Minds Youth Project and NHS Bolton Clinical Commissioning Group, to reduce the stigma and discrimination around mental health.](#)

Bolton Together IThrive Referral Hub – provides advice and guidance and can refer to 0-19 IThrive services to support children and young people with their emotional health. [IThrive 2 – 19 years Referral Form - Bolton Together \(bolton-together.org.uk\)](#)

Charlie Waller Wellbeing Action Plan – can be used as a conversational tool to help guide children and adults to understand and manage emotions.

[Wellbeing Action Plan for children | Charlie Waller Trust](#)

Classroom Strategies Small Ideas – provide resources, training and strategies for parents, carers, schools, and educators, to help with mental health and understanding childhood anxiety.

[Way Ahead | Supporting good mental health and wellbeing in NSW](#)

Social and Emotional Developmental Toolkit – is a communication tool created by Carol Gray in 1991 and published by the National Autistic Society to help autistic people, parents and carers and workers understand how to communicate together effectively.

[Social stories and comic strip conversations \(autism.org.uk\)](#)

Social and Emotional Learning Steps – are resources created by Yanique S. Chambers, a clinical social worker, to help children and parents improve their social skills, self-esteem and emotional health and wellbeing.

[Home - Kiddie Matters](#)

Anxiety Canada – is an organisation that provides science-based anxiety relief resources to help adults and children manage anxiety. They also have their own CBT App called Mindshift™.

[Home - Anxiety Canada](#)

Centre for Clinical Interventions – is a specialist Clinical psychology service which develops evidenced based interventions for adults but also publishes free resources for anyone to download to help look after people with mental health disorders.

[CCI - Self Help Resources for Mental Health Problems](#)

Silvercloud – is a free online service that provides therapeutic and psychoeducation self-help programmes to all Greater Manchester Residents to support with mental health and wellbeing.

<https://gm.silvercloudhealth.com>

Headspace – is a mindfulness App which can be used to bring own attention to the present moment and learn breathing strategies to help manage stress and anxiety.

[Headspace for Educators](#)

Thrive Approach – is an organisation based in Devon who provide web based and in person training to help schools and educators with social emotional development, with a mission to reduce school exclusions.

<https://www.thriveapproach.com/about-thrive/about-us>