

FREE RESOURCES for Parents & Carers

Hitchin Mental Health Recovery Team are a group of organisations that have come together to provide support to schools in Hitchin as we come through the pandemic.

We would like to share with you these resources.



Please see events page for all available training:

<https://nessieined.com/>

Supporting children & young people who are Gender Questioning

Monday, 11 October 2021 from 1pm to 2:30pm click [HERE](#) to book your place.

To raise awareness and develop confidence supporting children and young people in the LGBTQ+ community. The session will specifically provide an opportunity to develop understanding of the spectrum of gender identity support for trans, gender questioning and non-binary pupil



Phase resource page: <https://phase-hitchin.org/resources>

Phase blog: <https://phase-hitchin.org/blog>

Includes coping strategies for anxiety, Top Tips for looking after your mental health in lockdown, getting a good night's sleep and building resilience.

<p style="text-align: center;"><u>Ways to Wellbeing</u> Connect / Be active / Take notice / Learn Give</p>	<p style="text-align: center;"><u>Coping with change</u> Recognise.Routine.Resilience Coping with change; new podcast</p>	<p style="text-align: center;"><u>Secondary - building resilience</u> Introduction / Purpose Support / Adaptability Self-Care</p>
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Ways to Wellbeing

Primary ways to wellbeing series: <https://www.youtube.com/playlist?list=PL5jBv9G9gCspAWY1OQGx-fGYQpcK4dn-A>

Secondary ways to wellbeing: <https://www.youtube.com/playlist?list=PL5jBv9G9gCsq7zJ5QEWPfMe131gERwb3Z>

Returning to School

Primary - returning to school: <https://www.youtube.com/playlist?list=PL5jBv9G9gCspUWOGAbLhujzA4ik42Cs1U>

Secondary - returning to school: <https://www.youtube.com/playlist?list=PL5jBv9G9gCsqhFfv0ukhn9avhhNIWfJQ2>

Secondary - building resilience series:

<https://www.youtube.com/playlist?list=PL5jBv9G9gCsq3M04u8M2SeQ6zRF9IhgWv>

Coping with change: <https://www.youtube.com/watch?v=j-8E-O5DDNU&t=182s>

Coping with change Podcast: <https://www.spreaker.com/user/phasehitchin/change-episode-1>

Parenting podcasts: <https://soundcloud.com/user-201698962>

<p style="text-align: center;"><u>Parenting podcasts</u> Lets talk mental health and wellbeing Parenting in lockdown</p>	<p style="text-align: center;"><u>Returning to School</u> Resilience /Emotions Change & Disappointment Support /Recharge</p>
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Hitchin Mental Health Recovery Team

