

## **MindSafe Covid-19 Briefing**

**April 2020**

Every organisation supporting children and young people with their mental wellbeing acknowledges the additional strain on them at this time.

Young Minds, Anna Freud, Childline, Public Health England (PHE) and local authorities unanimously recognise the importance a child being able to talk with and have their worries acknowledged by someone they trust.

*“Consider how to connect with others: Maintaining relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family. Talk about your worries” PHE*

**We have 24,323 schools in the UK and most of their children are now at home. That is 7.1million children at home dealing with everyday family pressures with no respite, the additional requirement of home learning and general worries about Covid-19. We are offering MindSafe accounts for free to any school or child that wants one.**

At MindSafe, we are already seeing first-hand, and hearing from schools, how distressed many children are. School staff and parents are therefore very concerned about the mental wellbeing of the children under their care during Covid-19.

MindSafe provides a safe way for children to recognise their emotions, track their wellbeing, to talk and to stay in touch with a nominated and trusted individual (a Chosen Adult).

*“We encourage young people and their families to stay in touch with their friends and relatives remotely via apps and social media and not to meet face-to-face.” Anna Freud*

We are passionate about supporting young people through this unprecedented time. We are therefore making MindSafe free to all schools and all parents so that every pupil can have access to a tool to support their mental wellbeing whilst the world around them changes.

**MindSafe is also able to facilitate connection between families at a time when they may be separated through isolation, social distancing or with parents working on the front line and staying away from their loved ones.**

*“While it is normal to feel worried, if you are starting to feel overwhelmed, it’s important to acknowledge your feelings and speak to someone you trust, whether that’s a friend, a family member, a teacher or a helpline.” Childline*

MindSafe enables children and young people to access support which is underpinned by the advice given by all of these expert, world class organisations.

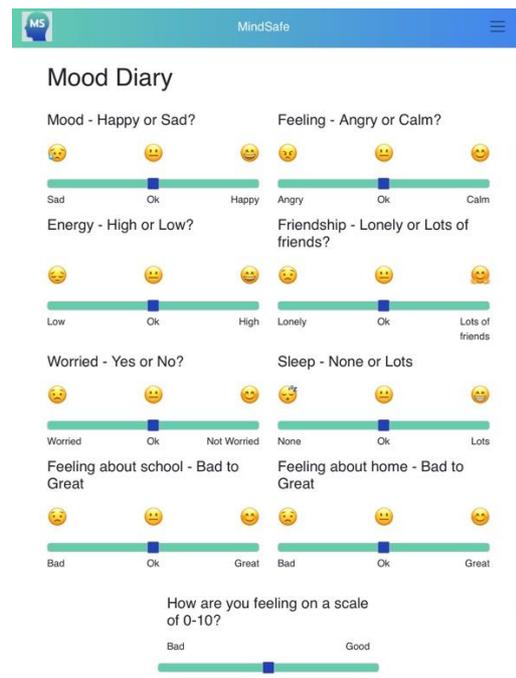
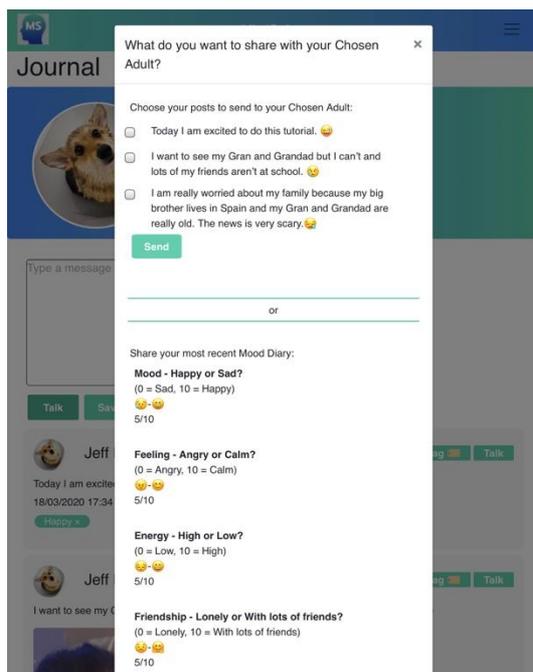
## How It Works

MindSafe is a safe and secure online place where children can process their emotions, track their wellbeing and seek emotional support by speaking to a nominated “Chosen Adult”, who is known to them and trusted.

Comprising of a Mood Diary, Journal, About Me and a Talk function, MindSafe puts the child at the centre of their story. It combines self-care and management of their mental wellbeing alongside offering further support, when requested, from their Chosen Adult in a guided way. The Chosen Adult is also guided through supporting the child in line with current best practice.

**Developed with children, schools and GP’s with mental health expertise, this digitally enabled service fills the gap between the current advice being given to children and young people on coping with the Coronavirus situation, and acting on that advice in a supported way. MindSafe is available now, free through schools or directly to individual families signing up for an account.**

<https://www.loom.com/share/50a63ea0ea9742f6bc15b0c73063fbe8>



The anonymised and aggregated data from the Mood Diary input will also be helpful in identifying with which emotions particular age groups or genders may require support. This evidence can also be used to inform planning decisions during and after the current crisis.

We will be providing full support packs to all participants, with online training. Our service team will also be readily accessible to support schools, pupils and parents with their questions.

*“Some things happen in the world can make us scared, confused, and unsafe, or like we don’t have any control. However, you feel, it can really Help to share your feelings and get support.” Childline*

***“An incredible resource! Wonderful to know in difficult times MindSafe is an easy, effective way my child can access comfort. Easy to use and easy to sign up.” Chrissy S-F, Front Line NHS Worker***

***“When I was being teased last year at school and MindSafe allowed me to express my thoughts without anybody interfering or overhearing me. I was able to ask my mum for help without my little sister hearing me. I am using it now to express all my happy and sad thoughts so I can focus on the better things in life not just the bad.” Gabriel H – Year 6***

**“One of the great things about MindSafe is knowing that our pupils are socially, emotionally and mentally well-supported wherever they are. This child-centred resource allows the children themselves to manage their own social and emotional feelings with the added support of a chosen adult. We firmly believe that MindSafe enables our pupils to regulate their own behaviours in ensuring positive mental health and wellbeing for the future. We fully believe in the power of talk and this resource allows the pupils to do just that.” Helen Lowe – Primary Head  
Washwood Heath Academy – Primary Phase**

Currently Walsall Council, Stoke on Trent Council, Staffordshire Council, Birmingham City Council have all recommended MindSafe to their local schools.

We need your help in getting MindSafe to as many children as possible.

Thank you.

Sources  
ONS  
Fingertips  
Gov.uk  
Anna Freud  
Young Minds  
Childline