



# NOTTINGHAM GIRLS' ACADEMY

## Well-Being Resources for Parents/Carers

### General Well-Being

**Nottingham City School Health** have some well-being advice on their website:  
<https://www.nottinghamcitycare.nhs.uk/find-a-service/health-and-wellbeing/>

### Mental Well-Being

If your children need support for their mental health, there are a number of providers that can offer help:

**Kooth:** [www.kooth.com](http://www.kooth.com) which you can register to use. There are some articles on there that have been written by young people.

**Childline, 0800 1111:** [www.childline.org.uk](http://www.childline.org.uk)

**Young Minds Websites:** <https://youngminds.org.uk>

And adults may find the following useful:

**Mind:** [www.mind.org.uk](http://www.mind.org.uk)

**Headspace:** [www.headspace.com](http://www.headspace.com) You can also find them on YouTube for free and there are a lot of short, and longer, meditation videos which are really useful to help you feel calm and more in control.

### Physical Well-Being

**Joe Wicks:** If you haven't tuned in already, Joe Wicks is doing a daily live HIIT workout on YouTube every day. It is basically 30 minutes of free personal training!

**Daily Exercise:** It is important that we all stick to the rules about social distancing and that we don't arrange to meet up with our friends at this time. It also important to try and get outside each day if you can. You are allowed to do this with other people from your household where you live. If you are taking one short walk each day, make sure that you follow government guidelines by keeping two metres away from others.

### Social Well-Being

Keeping in touch with your family and friends is also really important and there are several ways of doing this, but please remember to keep yourself safe over social media and online. Popular apps for doing this at the moment are: **FaceTime, WhatsApp, Zoom and Houseparty.**