

Mental Health and Well-being support: Ukraine situation Feb 2022

Dear families,

As children become more aware of the situation in the Ukraine they are naturally becoming more curious or could feel anxious and upset by what they have seen or heard. We feel that it is important that they are able to talk about this and share their worries and concerns or have their questions answered in order to help them to understand and empathise with other families around the world.

We would like to share a range of website and links with you to access with your child to support you with any discussions or support in answering any questions they may have.

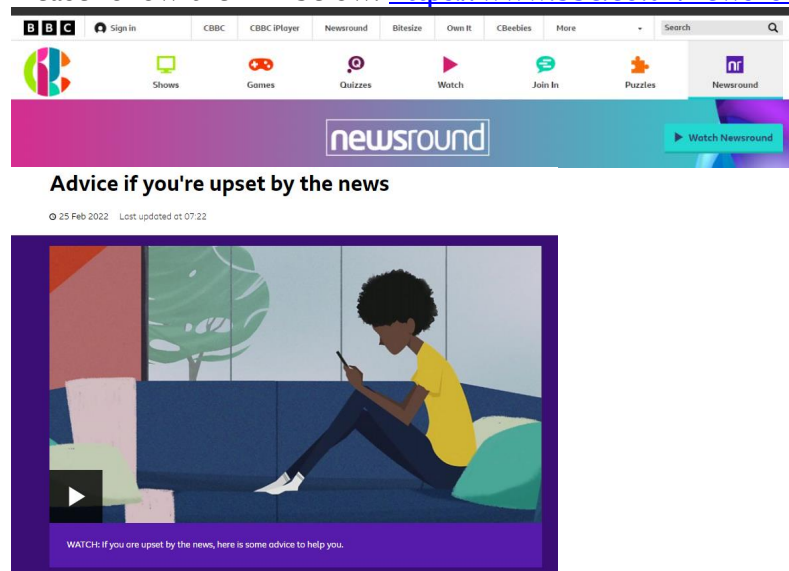
If you need any further support with this please do not hesitate in contacting our Mental Health and well being team in school: Mrs Wood (Lead), Miss Power, Miss Smith and Miss White (Mental Health Ambassadors)

Kindest regards

Mrs Wood

Vice Principal

Please follow the link below: <https://www.bbc.co.uk/newsround/13865002>



Advice for children and young people if they are **upset by the news** – provided by Newsround - <https://www.bbc.co.uk/newsround/13865002>

Support to explain the difficult concepts associated with the conflict – **news delivery designed for children and young people** and provided by

Newsround. <https://www.bbc.co.uk/newsround#more-stories-2>

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<https://www.mentalhealth.org.uk/publications/talking-to-your-children-scary-world-news>

https://www.bps.org.uk/news-and-policy/supporting-children-manage-anxiety-over-war-conflict-and-crises?fbclid=IwARlxHGduPW3vdQs_j6XdT9-5CiU-laoaQxu77ote7G0TWL8uwO4KwlfKEpw

<https://www.kqed.org/mindshift/59143/war-crisis-tragedy-how-to-talk-with-kids-when-the-news-is-scary>

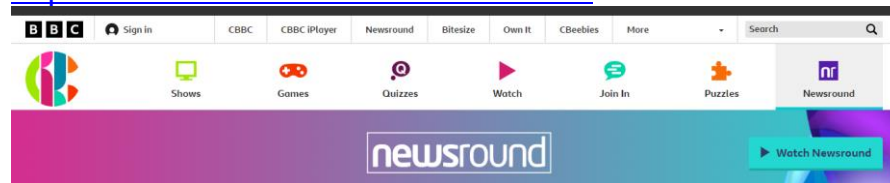
[‘A delicate balance’: experts’ tips on dealing with Ukraine anxiety in children | Children | The Guardian](#)

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/>

<https://www.familyeducation.com/life/wars/talking-children-about-war-violence-world>

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Advice if you're upset by the news

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