



Mental Health in Schools Team Tips For Wellness



Supporting your Child at School

Young people can feel anxious about school for lots of different reasons. They might be worried about making friends or fitting in, find schoolwork or lessons confusing, feel pressured to learn in a certain way or find their relationships with teachers difficult. Sometimes, going through difficult experiences outside of school – such as a death or an illness in the family can also make it harder for a child to feel settled at school.

For some young people, the school environment can feel really difficult, and trying to fit into it can create a huge amount of stress. This might be the case if they are struggling with their mental health or have a neurodiverse condition such as autism or ADHD. This can make the school environment anxiety-provoking and exhausting, especially if their condition or need is undiagnosed or they are not currently accessing the support/ strategies they need.

Our Top Tips For Supporting your Child at School:

Create a morning routine or timetable. A routine can create a sense of security and reduce stress for your child and for you too. Try to prepare things like packing bags and laying out clothes the night before.

Think together about how your child can manage their anxiety. Younger children might like to use a worry box at home to help contain their anxieties. Teenagers might like to fill a box with things that help them feel calm using our guide to making a self-soothe box. Scan the QR codes below to find instructions:

Worry Box:



Self-Sooth Box:



Encourage them to do things that help them relax. Having time to unwind after school can be important. This could be spending time with friends and family, listening to music, going for a walk or run, playing sport, baking, drawing or watching a favourite film.

Recognise small achievements. Notice small successes such as getting out of bed at the right time or handing work in at school – and tell your child how proud you are of them.

Try to take the pressure off. On some days your child may not be able to manage schoolwork or homework. Remember their mood will go up and down and you can always try again the next day.

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.