

Guidance and resources for common challenge areas

The Network Investment team are pulling together free resources from other organisations to help you tackle key challenges in your delivery.

If there is an area that is not covered by this list, or if you have found a great resource that you would like to share, please contact networkinvestment@mind.org.uk

Area of work	Description	Hyperlink
Children, family and teacher support	<p>General</p> <ul style="list-style-type: none"> Guidance for psychologists from the British Psychological Society (BPS) working with children and young people using online video platforms. Guidance from the Scottish Division of Educational Psychology to support teachers and education staff return to school. It also outlines how school communities can become more resilient as they reconnect and recover. Free course exploring how young people can manage their mood and maintain healthy habits during the coronavirus pandemic. <p>Teachers</p> <ul style="list-style-type: none"> Toolkit and resources for teachers to help them reduce stress, encourage self-care and take positive steps towards feeling in control at work. <p>Early years and primary school</p> <ul style="list-style-type: none"> Resources to support teachers, parents and children explore together key areas of childhood development. Developed by the Red Balloon Foundation and Brickwall with support from 	<p>General</p> <p>British Psychological Society guidance on providing video therapy</p> <p>Compassionate transitions: Reconnecting school communities post-Covid-19 closures</p> <p>Future Learn course: COVID-19: Helping Young People Manage Low Mood and Depression</p> <p>Teachers</p> <p>Mental Health At Work: Our Frontline toolkit</p> <p>Twinkl: Resources to support wellbeing during school closures</p> <p>Early years and primary school</p>

	<p>Manchester Metropolitan University and the National Institute for Health Research.</p> <ul style="list-style-type: none"> • Easy to use guidance on supporting the mental health of babies, young children and their families. Hosted by the Anna Freud National Centre for Children and Families. 	<p>Embers the Dragon</p> <p>Early Years in Mind network</p>
<p>Delivering counselling in non-traditional environments</p>	<ul style="list-style-type: none"> • Advice on providing talking therapy outdoors. • Webinar series exploring safety concerns, ethical challenges and practical issues that therapists face when delivering sessions online. • Open University and British Association for Counselling and Psychotherapy (BACP) online CPD course on delivering online sessions. • Top tips on delivering online therapy and undertaking psychological assessments remotely from the BPS. • BACP resources and tips for online delivery. 	<p>British Psychological Society advice on outdoor therapy</p> <p>Online Events Behind the Webinar series</p> <p>Open University and BACP CPD primer</p> <p>Top tips on providing effective therapy via video</p> <p>Undertaking remote psychological assessments</p> <p>BACP resources</p>
<p>Demonstrating impact</p>	<ul style="list-style-type: none"> • Practical advice and guidance from the NCVO to help you demonstrate the impact of your service. • free online resources and peer learning networks to support you to plan, understand, and improve your impact. 	<p>NCVO impact guidance</p> <p>Inspiring Impact</p>
<p>Delivering digital services</p>	<p>General</p> <ul style="list-style-type: none"> • Guidance on designing and delivering online services <p>Literacy and inclusion</p>	<p>General</p> <p>SCVO guidance on digital services</p> <p>Literacy and inclusion</p>

	<ul style="list-style-type: none"> • Free courses to help you get to grips with IT and internet basics. • Guidance and resources to help you encourage and support people to engage with online services. <p>Safeguarding and security</p> <ul style="list-style-type: none"> • SCVO guide to developing digital services includes advice, checklists and sample policies to help your service users and staff stay safe online. • Toolkit developed by Against Violence and Abuse and commissioned by Comic Relief that provides guidance on key areas of digital safety and security, including managing online groups and moderating forums. • Guidance from DigiSafe that will help you risk assess online services and help your staff identify safeguarding issues. 	<p>Learn My Way</p> <p>SCVO digital inclusion toolkit</p> <p>Safeguarding and security SCVO guidance on digital safety</p> <p>AVA digital safeguarding toolkit</p> <p>DigiSafe step-by-step guide to digital safeguarding</p>
Fundraising	<ul style="list-style-type: none"> • Introductory information for fundraising, in-depth guidance, and information on rules and regulations for fundraising. • Charity fundraising tips, advice and resources. • Funding search tool from the The National Lottery. • Get Grants Funding Finder is a free resource for grant fundraisers with information on hundreds of grant funders, including what they fund, how much they give, and how to apply. • A guide to digital fundraising that will take you from the basics, through taking funds online, to creative ways to get quick win results whilst people are physical distancing. 	<p>Institute of Fundraising resources</p> <p>Charities Aid Foundation Tips and Best Practice</p> <p>National Lottery Funding Finder</p> <p>Get Grants Funding Finder</p> <p>Media Trust guide to digital fundraising</p>
Workplace	<ul style="list-style-type: none"> • Best practice and tips on inducting/integrating new staff and volunteers remotely. • Practical guidance on planning and delivering face-to-face services, including financial considerations. 	<p>SCVO remote working resources</p> <p>NCVO guidance on delivering services through Covid-19</p>

	<ul style="list-style-type: none"> • Practical advice to reduce work-relevant mental health problems during the post COVID-19 period. 	<p>Returning to the workplace after the COVID-19 lockdown</p> <p>Sustaining work-relevant mental health post-COVID-19 toolkit</p>
<p>Other</p>	<ul style="list-style-type: none"> • Free course developed by the Maudsley and Tavistock & Portman NHS Foundation Trusts that explores the factors specific to COVID-19 that affect wellbeing and mental health at an individual, group and societal level. • Free course from Public Health England that outlines the key principles of giving psychological first aid in emergencies. • My Community is a platform developed by partners in government, and charity and not-for-profit sectors. Guidance ranges from accessing financial and business support to developing partnerships with stakeholders in different sectors. 	<p>Future Learn: COVID-19: Psychological Impact, Wellbeing and Mental Health</p> <p>Future Learn: COVID-19: Psychological First Aid</p> <p>My Community</p>