



## NATIONAL LOTTERY MENTAL HEALTH RESOURCES 2020-2021



### OBJECTIVES

With the help of the National Lottery via the Community Fund, and HM Government, Mindstars were able to respond quickly to an escalated need for mental health support for children within our community following COVID19, with our full family support project.

### DELIVERY

The project involved the distribution of 9,000 of our A Journey Through Space & Mind 52 page activity books, which proactively educate primary aged children in topics such as worry, anxiety, anger and feelings.

With each book, we also provided a parent and carer support booklet which walked through the topics, and provided advice and an invite to our community group for further support. With this project delivery we are working towards our aims and making a positive impact to many children and families at a time of escalated need.

### OUTCOMES

- Provision of a proactive approach to mental health topics at a time of escalated need.
- Started conversations between children and families around mental health.
- Children are beginning to address worries with their families, and families feeling more supported in how they respond to their children.



## “ Catherine, Teacher



Our school in South Shields received a delivery of free children's mental health resource books from Mindstars, A Journey Through Space and Mind. **Amazing quality books with a variety of engaging and useful activities** for children to complete that will **support their wellbeing and mental health.**

Thanks Mindstars.



As a parent, home-schooling, and especially in these trying times, it has been extremely difficult. Not only for the children, but the adults trying their best to keep it all together. As a parent of a child who suffers terribly from anxiety, some days are really hard on all the family. That's when Mindstars come in handy. With not only support, but activities for the children that get them thinking about and talking about their mental health which is refreshing. With little help or support out there for children with mental health problems, Mindstars are a godsend. Me and my tribe would be lost without their resources and support.

## “ Imogen, Age 8



I got my Mindstars book from school. I was really looking forward to doing the activities in it, they looked fun. The worry tree helped me with my worries because I worry quite a lot. I liked to travel through space and see lots of aliens. I can look at it to help me when I am sad or worried.

