

## Looking after your mental health and wellbeing during Coronavirus

### Information for Children and Young People



#### Information about Coronavirus:

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A children's guide to coronavirus from the Children's Commissioner

<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf>

A free downloadable book for children illustrated by Axel Sheffler

<https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus-ABookForChildren.pdf>

A short book to support and reassure children under the age of seven about Coronavirus in a number of different languages <https://www.mindheart.co/descargables>

#### Websites

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Just Talk is a multi-agency campaign, steered by young people and coordinated by the Public Health team at Hertfordshire County Council. The website has collected a number of helpful resources and put them on a dedicated 'looking after your mental health during coronavirus' page. These are added to frequently, so keep checking back. THIS WILL BE THE MAIN WEBSITE FOR LOCAL UPDATES.

<https://www.justtalkherts.org/news/looking-after-your-mental-health-during-coronavirus.aspx>

Health for Kids / Teens cover subjects that promote a healthy body and mind. All of the content has been produced by school nurses, a whole range of other health and wellbeing experts, and most importantly young people.

Ages 11-19 <https://www.healthforteens.co.uk/hertfordshire/>

Primary age <https://www.healthforkids.co.uk/> (There's also a section for grown ups)

#### Webinars / online workshops

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Mind – Herts Mind Network have a Young People's online group for those over 15. You can find out more here: <https://www.hertsmindnetwork.org/young-peoples-online-group>

They are also delivering a number of workshops online over the next few months. There are some for families which young people and / or their families can watch online. You can view the calendar and booking information for Eventbrite here:

<https://www.hertsmindnetwork.org/spot-the-signs-and-emotional-wellbeing> There are sessions on 'The Five Ways to Wellbeing' and 'An Introduction to Mental Health'.

The OLLIE Foundation are also delivering workshops online. You can view the schedule here: <https://theolliefoundation.org/wp-content/uploads/2020/04/ONLINE-TRAINING-SCHEDULE-APRIL-MAY-2020-1.pdf> Some of the courses are suitable for teenagers such as 'Keeping safe and carrying on for Teens' and 'Goalsetting for Teens'.

#### Information, advice and guidance

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Chat Health is the school nurse text messaging service for all secondary school aged pupils in Hertfordshire. It is a confidential service and available Monday to Friday from 9am to 5pm. Young people can message for advice on all kinds of health issues such as sexual health, emotional health and wellbeing, bullying, healthy eating and any general health concerns. The text number is: 07480 635050

Kooth is an online counselling service for anyone aged 10-25 in Hertfordshire. You can access a chat / messenger service, discussion boards, goal setting tools and a journal and a magazine containing a number of articles and some specifically about coronavirus and the impact on children and young people. The website is moderated by trained professionals. You need to register but it is anonymous. <https://www.kooth.com/>

YC Hertfordshire Services for Young People provides youth work, information, advice, guidance, work related learning and support for young people. Although face-to-face work is currently suspended, you can still contact a Youth Worker or Personal Adviser for one to one and project groupwork support by calling 0300 123 7538, emailing [yc@hertfordshire.gov.uk](mailto:yc@hertfordshire.gov.uk) or visit <https://www.ychertfordshire.org/>

School – some schools are still open for the children of key workers and other students that need to be in school. Some staff are working from home but may still be reachable. You may still be able to get in touch with your pastoral team at school for advice and guidance.

### **Apps / National websites**

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There are a number of apps to support mental health and Wellbeing. You are responsible for ensuring apps are appropriate for your age and needs.

You may consider the ThinkNinja app: As a direct response to the COVID-19 situation, Healios have updated ThinkNinja with specific COVID-19 content. This will bring self-help knowledge and skills to children and young people (10-18 years old) who may be experiencing increased anxiety and stress during the crisis. <https://www.healios.org.uk/services/thinkninja1>

Young Minds is the UK's leading charity fighting for children and young people's mental health. On this web page you will find lots of information about how to look after your mental health at this time <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

### **Already working with a service?**

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If you are currently receiving support from a service or have been recently discharged, you can contact the service if you are struggling with your mental health. Most have a duty line which you can find out by looking on a letter they have sent you.

### **Need help now?**

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If you are having a mental health crisis, please call:

9am-5pm 0300 777 0707 or

5pm-9am 01438 843322 to speak to our local mental health service

If you need medical intervention or in an emergency go to your nearest Accident and Emergency department or call 999

Childline: If you're under 19 you can confidentially call, email or chat online about any problem big or small Freephone 24h helpline: 0800 1111

YoungMinds Crisis Messenger provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258



*This information was correct on the 8<sup>th</sup> April 2020*