

# COVID –19 Coronavirus

## Supporting young people's wellbeing

Messages to  
promote via your  
social media  
channels and other  
methods

### Chat Health 07507332532

Aged 11-19? Text your school nurse for confidential advice and support

### **Kooth.com**

A confidential FREE online counselling service helping those aged between 11-25 years old living in North Tyneside with any difficulties or concerns they may have.

**Kooth.com** provides an anonymous and confidential service using a mix of counselling, support and advice on a drop in, out of hours and structured sessions.

### [Help yourself young person's leaflet](#)

The 'Help yourself' leaflet has been **designed by young people for young people** and includes a range of support suggestions for young people regarding their **mental health and emotional well-being**.



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Self-care is about the things we can do to look after our own mental health

[On my mind : self care](#)

Advice for young people about managing their mental health and wellbeing during the coronavirus situation

<https://www.youtube.com/watch?v=ME5IZn4-BAk&feature=youtu.be>

### For Parents

This video provides guidance to parents and carers about how they can help children and young people manage their mental health and wellbeing during any disruption caused by the Coronavirus.

[Parents Video](#)

