



Working through Covid-19 together

Helplines:

Childline: Under 19's can call for free
0800 1111

Wellbeing Mental Health Helpline
0800915 4640

Young Minds: Text YM to 85258 for
free confidential support

Samaritians: Call free anytime, day or
night 116 123. Visit Samaritians.org

SHOUT: Text 'shout' to 85258 for
24/7 crisis text support

Kooth: Online Counselling. Visit
Kooth.com

PAPRYUS: Prevention of Young Sui-
cide 0800 068 4141

Anxiety UK: Text Service
07537 416 905

Apps

Chill Panda: Stress and worry manage-
ment

Brethe: Meditation & sleep

Calm Harm: Distraction to self harm

Mindshift: Anxiety relief

SAM: Self Help Anxiety Management

Be Mindful: For stress and anxiety relief

Catch it: Improving anxiety and depres-
sion symptoms.

Silver Cloud: 16 + Cognitive Behaviour
Therapy

Sleepstation: Sleep support & advice

Sleepio: 16 + sleep advice

Websites for families

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

<https://www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-through-coronavirus-covid-19>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

<https://www.themix.org.uk/>

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School Support

Young Minds 360 Schools
Mentally Healthy Schools Website
Elsa Support Website
Anna Freud Website
Healthy Young Minds LSC

Access Cognitive Behaviour Therapy (CBT) Online

Get self help
Psychology Tools
Positive Penguins
Therapy for You

Coronavirus Covid-19 Advice

If you or a member of your household have a high temperature, a sudden cough, or any other symptoms, look on the NHS 111 website to check whether these might be Coronavirus and self-isolate in line with government guidelines .

Self Care

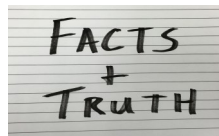
Talk to people mobile



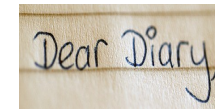
Pet Therapy



Know the facts



Keep a diary of what helps



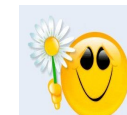
Have a sort / clear out



Be kind to yourself



Do things that make you happy



Keep ac-



tive



Find Calm things to do

