



## Wellbeing Support – January 2021

# EXPRESS YOURSELF

#ChildrensMentalHealthWeek



[www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)

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There are lots of new situations and emotions that children may be experiencing during the lockdown. There may be more conflict at home, increased levels of loneliness and isolation, or even difficulty sleeping.

We've rounded up guidance, videos and practical activities to support children and families with the different effects the lockdown may be having on them.

[coronavirus-dealing-with-effects-toolkit-5.pdf \(mentallyhealthyschools.org.uk\)](#)

Includes:

**Family problems**

**Loneliness**

**Sleep disturbance**

**Increased internet and screen usage**

**Boredom**



**Social Media**

Follow us online for information, advice and resources on mental health and emotional wellbeing

  

@bromley\_y\_ @bromley\_y\_ @bromleywellbeing

  
bromley-y.org

Visit our website to find out more information about our service, make a referral or to access self-help advice for young people and parents

[www.bromley.org](http://www.bromley.org)

At this time of uncertainty, disrupted routine and restricted freedom, it's understandable to be feeling anxious. This toolkit includes resources for school staff, parents and carers and children to help manage anxiety and improve wellbeing during the coronavirus crisis.

You will find practical activities such as mindful crafts, breathing exercises and other self-care ideas, informative videos, emotional expression worksheets and helpful strategies to address anxiety.

[coronavirus-anxiety-toolkit.pdf \(mentallyhealthyschools.org.uk\)](https://www.mentallyhealthyschools.org.uk/coronavirus-anxiety-toolkit.pdf)

**Includes:**

**Relaxation activities for children**

**Depression, anxiety and mental health - NSPCC**

**Helping children and young people to manage anxiety booklet - Anna Freud Centre**

## School Wellbeing Service – Support for Pupils in Years 4-6



### Bromley Y, School Wellbeing Service Improving Access to Wellbeing Support – Support Calls

*Is your child experiencing difficulties with their emotional wellbeing? Are they feeling anxious and/or low and you are uncertain how to support them?*

During these unprecedented times we would like to make it as easy as possible for young people and their parents/carers to receive appropriate wellbeing support. Up until the Easter break, we are offering consultations via phone/video (up to 30mins) to talk to one of our practitioners. The aim of this is to provide advice and guidance to support the wellbeing of your child.

Email: [swwellbeingsupport@bromleyy.org](mailto:swwellbeingsupport@bromleyy.org)

Please provide your name, phone number, child's school, best times to call (morning or afternoon), a brief description of what you wish to discuss.

We will do our best to call within 5 working days to help you think about how to get the help you need. This may lead to a referral into our service or sign posting to a more appropriate service with your consent.

Visit [www.bromley-y.org](http://www.bromley-y.org) for support options and guidance

## Helplines

**SHOUT - text 'Shout' to 85258 for 24/7 crisis text support**

**Childline - under 19s can call 0800 1111 for free support**

**Education Support - school staff can call 08000 562 561 or text 07909 341229 for 24/7 help and advice**

**YoungMinds Parents Helpline - Call 0808 802 5544 for free Mon-Fri from 9.30am to 4pm**