

Coronavirus- Support and Information

Happy New Year to you all!

I hope you are all well rested and enjoyed your Christmas holidays, even in tier 4!

As we are all aware, coronavirus is still causing mayhem and restrictions are changing all the time which has caused us to all have to work remotely and not return to school yet!

Although these are uncertain times, there is light at the end of the tunnel with the approved vaccines and increased testing. We must continue to follow the rules and restrictions to ensure we keep ourselves and our families safe.

During these times it has been extremely challenging for everyone. There have been many changes to our daily lives and also to the way we think and feel.

I wanted to put together a support package with some guidance, support and contacts for students, staff, families and carers to access information to help with our mental health and wellbeing.

Continue to take care of yourselves!

Miss Davies (Wellbeing Officer).



Worried about coronavirus?



Talk about your feelings and worries

- Talk to someone you trust
- Write or draw your feelings down and then talk about them with someone you trust
- Use safe online support or help lines

Keep in touch with family and friends

- Talk with those in your household
- Facetime
- Call, text or email!
- Play on your XBOX, Play stations or computer
- Make sure you don't exceed your screen time

Make a structure or routine to your day

- Make a plan for your day including your school work and fun activities
- Make sure you have time to rest
- Try some activities such as: mindfulness, puzzles, crafts, cooking and exercise

Take control!

- Don't suffer in silence; speak up if you need some help!
- Use online resources and support safely to access appropriate information

For more information please visit : <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

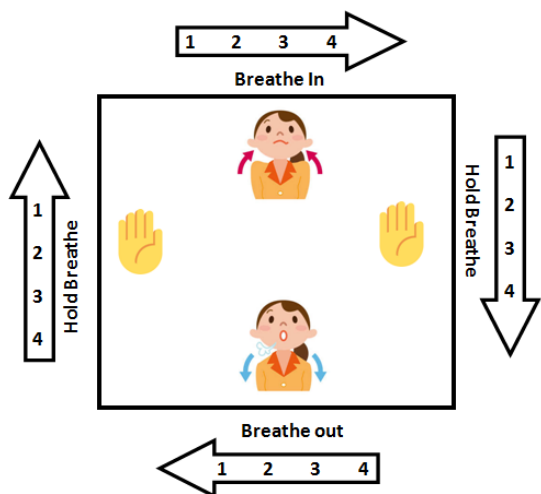
Helplines

NELFT (OUT OF HOURS): 030 555 1200

Young MINDs (OUT OF HOURS): Text "YM" to 85258

Emotional Wellbeing and Mental Health Services: 0300 300 1600

Strategies to help manage feelings of anxiety








Box Breathing

To use when: our breathing goes out of control in feelings such as: anxiousness, anger, worried, stressed and panic.

Starting from the left-hand corner, you go around the box in a clockwise direction.

1. Breathe in (for 4 seconds)
2. Hold breathe (for 4 seconds)
3. Breathe out (for 4 seconds)
4. Hold breathe out (for 4 seconds).

	5 Things you can see
	4 Things you can hear
	3 Things you can smell
	2 Things you can touch
	1 Thing you can taste

Five Senses

To use when: we lose track of our thoughts and start to think of things that worry or upset us.

Starting from the top we go through each sense

In that couple of minutes, all you have thought about is your senses.

Support for Parents

Visit these websites for more information on how to support your child during the coronavirus pandemic:

Young Minds – Supporting your child during the coronavirus pandemic: <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

NSPCC – Coronavirus (COVID-19) advice and support for parents and carers: <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

Marie Curie- Talking to children about death: <https://www.mariecurie.org.uk/help/support/bereaved-family-friends/supporting-grieving-child/talking-to-children-about-death>

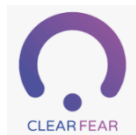
GOV.UK – Guidance for parents and carers on supporting children and young peoples mental health and wellbeing during the coronavirus (COVID-19) pandemic: <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

MIND- Supporting your teens wellbeing during coronavirus: <https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/supporting-your-teens-wellbeing-during-coronavirus/>

Apps

All apps are NHS approved and promoted by EWMHS (Emotional Wellbeing and Mental Health Service). Some may include in app purchases, so please be careful and get parental/ carer consent before downloading.

All ages



Clear Fear: Provides you with a range of ways to manage symptoms of anxiety



Cove: Encourages self expression. Cove primarily uses music instead of words to express feelings and mood.

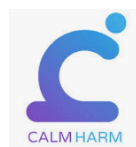


MyLife Meditation: Mindfulness: Meditate, breathe and relax and relieve anxiety.

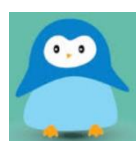
Over 12 years



Kooth: Online counselling



Calm Harm: Provides tasks that help you resist or manage the urge to self harm.



WYSA-Mental Health Support: Techniques such as talking therapies like cognitive behavioural therapy (CBT), yoga and meditation to help support with depression, anxiety, stress, sleep, loss and other mental health needs.



Stay Alive: An app to use if you are having suicidal thoughts or are concerned about someone who is having suicidal thoughts

Over 16 years



Togetherall: online access for young people 16-18 years.

Online resources

CALM ZONE

Calm Zone: A resource made from ChildLine to help you feel calmer

<https://www.childline.org.uk/toolbox/calm-zone/>