

## Support for Emotional Wellbeing through Coronavirus

The following resources will help you to support the emotional wellbeing and mental health of yourself and your family:

### **Emotional Wellbeing through Coronavirus:**

Public Health England Coronavirus resources	<a href="https://campaignresources.phe.gov.uk/resources/">https://campaignresources.phe.gov.uk/resources/</a>
Advice for children, families and staff	<a href="https://www.annafreud.org/coronavirus/">https://www.annafreud.org/coronavirus/</a>
Mental health foundation, How to look after your mental health during the Coronavirus outbreak	<a href="https://mentalhealth.org.uk/coronavirus">https://mentalhealth.org.uk/coronavirus</a>
New advice to support mental health during coronavirus outbreak: People struggling with their mental health will be offered online support and practical guidance	<a href="https://www.gov.uk/government/news/">https://www.gov.uk/government/news/</a>
Mind: coronavirus and your wellbeing	<a href="https://www.mind.org.uk/information-support/">https://www.mind.org.uk/information-support/</a>

### **Supporting Young People**

Unicef: Six ways parents can support their kids	<a href="https://www.unicef.org/coronavirus/">https://www.unicef.org/coronavirus/</a>
Young minds; advice to young people and parent on mental health and impact of coronavirus	<a href="https://youngminds.org.uk/about-us/media">https://youngminds.org.uk/about-us/media</a>
Young minds; what to do if you are anxious about coronavirus	<a href="https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/">https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/</a>
The Families Under Pressure series offers parenting tips and advice through a series of eight short films	<a href="https://maudsleycharity.org/whats-on/news/">https://maudsleycharity.org/whats-on/news/</a>
Nip in the Bud has produced a short film and fact sheet to help parents and teachers with children returning to school.	<a href="https://nipinthebud.org/information-films/tips-for-returning-to-school/">https://nipinthebud.org/information-films/tips-for-returning-to-school/</a>
Supporting children and young peoples' mental health advice	<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/">https://www.nhs.uk/conditions/stress-anxiety-depression/</a>
NSPCC; Mental health and parenting	<a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/</a>
Kids Inspire: The service remains open and the team are continuing to support families	<a href="https://kidsinspire.org.uk/virtual-childrens-mental-health-therapy-for-those-most-in-need/">https://kidsinspire.org.uk/virtual-childrens-mental-health-therapy-for-those-most-in-need/</a>
Article about getting through lockdown with teenagers	<a href="https://weneedtotalkaboutchildrensmentalhealth/">https://weneedtotalkaboutchildrensmentalhealth/</a>

### **Supporting yourself and your family:**

Mental Health First Aid England: How to support your mental health whilst working from home	<a href="https://mhfaengland.org/">https://mhfaengland.org/</a>
Coronavirus Colchester Borough Council's Covid-19 Community Response Pack:	<a href="https://cbccommunityresourcepack">https://cbccommunityresourcepack</a>
Mind: Mental health explained	<a href="https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/support-services/">https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/support-services/</a>
Every Mind Matters: tips for mental health	<a href="https://www.nhs.uk/oneyou/every-mind-matters/">https://www.nhs.uk/oneyou/every-mind-matters/</a>
Action for Happiness: an app with an action idea each day; sends inspiring messages and helps you connect with like-minded people	<a href="https://www.actionforhappiness.org/app">https://www.actionforhappiness.org/app</a>
Time to Change website & signposting to other websites	<a href="https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support">https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support</a>
Moodgym: 16+self-help online course	<a href="https://moodgym.com.au/info/faq">https://moodgym.com.au/info/faq</a>
Big White Wall: 24/7 safe community to support your mental health	<a href="https://www.bigwhitewall.com/">https://www.bigwhitewall.com/</a>
Be Mindful Online: a course for learning and practising mindfulness	<a href="https://www.bemindfulonline.com/">https://www.bemindfulonline.com/</a>
NSPCC: Parental mental health: How to help children living with parents with mental health problems	<a href="https://www.nspcc.org.uk/keeping-children-safe/child-protection-system/parental-mental-health/">https://www.nspcc.org.uk/keeping-children-safe/child-protection-system/parental-mental-health/</a>
Young Minds for parents	<a href="https://youngminds.org.uk/find-help-for-parents/">https://youngminds.org.uk/find-help-for-parents/</a>
Young Minds parenting with mental health illness	<a href="https://youngminds.org.uk/find-help-for-parents/parents-guide-to-support-a-z/">https://youngminds.org.uk/find-help-for-parents/parents-guide-to-support-a-z/</a>
Home Start: Activities for families whilst in self-isolation	<a href="https://www.home-start.org.uk/news/activities-for-families-during-self-isolation">https://www.home-start.org.uk/news/activities-for-families-during-self-isolation</a>
Relate: helpline and online counselling	<a href="https://www.relate.org.uk/relationship-help/talk-someone">https://www.relate.org.uk/relationship-help/talk-someone</a>
NHS mental wellbeing audio guides	<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone">https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone</a>
Mental Health Foundation Podcasts	<a href="https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing">https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing</a>
OCD UK	<a href="https://www.ocduk.org/">https://www.ocduk.org/</a>

Beyond Words: booklet with scenes addressing social distancing, lockdown, mental health and daily routines	<a href="https://booksbeyondwords.co.uk/downloads-shop">https://booksbeyondwords.co.uk/downloads-shop</a>
Beyond Words: how to keep yourself and those who you care about safe, how to safely help others who may be self-isolating	<a href="https://booksbeyondwords.co.uk/downloads-shop/beating-the-virus">https://booksbeyondwords.co.uk/downloads-shop/beating-the-virus</a>
The Atrium Clinic: early intervention service supporting parents	<a href="http://www.atriumclinic.co.uk">www.atriumclinic.co.uk</a> / 01702 332857
Rethink Advocacy: service provides statutory and non-statutory advocacy for the community in Essex	<a href="https://www.rethinkessexadvocacy.org/">https://www.rethinkessexadvocacy.org/</a>
Renew Counselling	<a href="https://www.renew-us.org/">https://www.renew-us.org/</a> / 01245 359353 or 01268 822 800
Psychology Today: pandemic toolkit for parents	<a href="https://www.psychologytoday.com/us/blog/pulling-through/202004/the-pandemic-toolkit">https://www.psychologytoday.com/us/blog/pulling-through/202004/the-pandemic-toolkit</a>
N.O.Ws The Time for Change: coaching methods and alternative therapies to improve wellbeing	<a href="https://www.nowsthetimeforchange.com/">https://www.nowsthetimeforchange.com/</a>
Colchester and Tendring Youth Enquiry Service: for those aged 11-19 who are struggling	<a href="http://www.yesyouthenquiryservice.org">www.yesyouthenquiryservice.org</a>
Essex Family Wellbeing Resource Hub	<a href="https://essexfamilywellbeing.co.uk/covid-19-pandemic-resource-hub/">https://essexfamilywellbeing.co.uk/covid-19-pandemic-resource-hub/</a>
The Good Grief Trust: practical help and tips to newly bereaved under any circumstance	<a href="https://www.thegoodgrieftrust.org/">https://www.thegoodgrieftrust.org/</a>

### **Resources for Young People**

The following resources will help young people to manage their own emotional wellbeing and mental health

NHS approved mental health apps list	<a href="https://www.nhs.uk/apps-library/filter/?categories=Mental%20health">https://www.nhs.uk/apps-library/filter/?categories=Mental%20health</a>
Cosmic Kids Yoga	<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>
Joe Wicks Home workout	<a href="https://www.youtube.com/watch?v=fHfTCd2q-rq">https://www.youtube.com/watch?v=fHfTCd2q-rq</a>
How not to go to school (free to download)	<a href="https://parsleymimblewoodsavestheworld.pdf">https://parsleymimblewoodsavestheworld.pdf</a>
Returning to school (free to download)	<a href="https://Back-to-school-after-Coronavirus-1.pdf">https://Back-to-school-after-Coronavirus-1.pdf</a>
Anna Feud: we all have mental health	<a href="https://www.youtube.com/watch?v=DxIDKZH3-E">https://www.youtube.com/watch?v=DxIDKZH3-E</a>
Young Minds: social media and mental health	<a href="https://youngminds.org.uk/find-help/looking-after-yourself/social-media-and-mental-health/">https://youngminds.org.uk/find-help/looking-after-yourself/social-media-and-mental-health/</a>
Wysa a private reflective space	<a href="https://www.wysa.io/">https://www.wysa.io/</a>
Headspace for Kids: Mindfulness explained	<a href="https://www.youtube.com/channel/">https://www.youtube.com/channel/</a>
Rise Above: mental health website	<a href="https://riseabove.org.uk/">https://riseabove.org.uk/</a>
Teen Talk: free and confidential information and support for those aged 11-25	<a href="http://www.teentalkharwich.co.uk/indexmain.php">http://www.teentalkharwich.co.uk/indexmain.php</a>

### **Helplines**

The following links provide details of helplines, webchats and text support services:

Parent Support lines	Samaritans helpline 116 123	<a href="https://www.samaritans.org/chatappeal">https://www.samaritans.org/chatappeal</a>
	Give Us a Shout: text support in a crisis	<a href="https://www.giveusashout.org/about-shout/">https://www.giveusashout.org/about-shout/</a>
	Families in Action	<a href="https://www.family-action.org.uk/what-we-do/children-families/family-support-services/">https://www.family-action.org.uk/what-we-do/children-families/family-support-services/</a>
	Helpline by Supportline	<a href="https://www.supportline.org.uk/about/aims-of-service/">https://www.supportline.org.uk/about/aims-of-service/</a>
	Young Minds: parent helpline	<a href="https://youngminds.org.uk/find-help/for-parents/">https://youngminds.org.uk/find-help/for-parents/</a>
	Family Lives: confidential parent helpline	<a href="https://www.familylives.org.uk/">https://www.familylives.org.uk/</a>
Children & Young People Support Lines	Cruse: bereavement support careline	<a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a>
	NSPCC helpline 0808 800 5000	<a href="https://www.nspcc.org.uk/what-you-can-do/make-a-donation/kids-in-real-life/">https://www.nspcc.org.uk/what-you-can-do/make-a-donation/kids-in-real-life/</a>
	Childline 0800 1111	<a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>
	Kooth.com: anonymous online support	<a href="https://www.kooth.com/">https://www.kooth.com/</a>
	Anxiety UK: advice and helpline	<a href="https://www.anxietyuk.org.uk/">https://www.anxietyuk.org.uk/</a>
	Beat Eating Disorders: advice and helpline	<a href="https://www.beateatingdisorders.org.uk/support-services/helplines">https://www.beateatingdisorders.org.uk/support-services/helplines</a>
	School Nurse text service: confidential advice and support for physical and emotional needs	<a href="https://essexfamilywellbeing.co.uk/chat-health/">https://essexfamilywellbeing.co.uk/chat-health/</a>
The Mix: helpline for under 25s	<a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a>	

### **Crisis Management and Emergencies**

Crisis management is for assessing risk when a person presents as showing signs of distress with their mental health, which causes concern for their safety or others safety.

Essex crisis management page guidance: <https://www.essex.gov.uk/mental-health>

**Emergency or crisis help:** When you or someone that you care for is having extreme mental health difficulties, you may need to get help very quickly. This information is only to be used for a mental health emergency or crisis.

**Serious or life-threatening issues:** If you or someone that you care for is in immediate danger, you should:

**Contact the emergency services on 999**

**Go to your nearest A&E department**

**Urgent issues:** If you or someone that you care for is having an urgent mental health issue, you should:

- Call your mental health support worker, if you have one - this may be your care co-ordinator or key worker
- Call NHS 111: This NHS service is available 24 hours a day
- Book an emergency GP appointment - they should be able to offer you an appointment in a crisis with the first available doctor
- Call Adult Social Care on 0345 603 7630 or 0345 606 1212 (outside of normal working hours)
- Call the Crisis Team at EPUT (for Adults) or the **Crisis Support Service (for Young People) on 0300 555 1201**
- NHS Choices has a mental health helpline page with a list of organisations you can call for immediate assistance

Further information

NHS guidance on: Dealing with Mental Health Crisis or Emergency: <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency/>

### **Suicide Prevention and Safety Planning and Self-harm Coping Guidance**

Essex County Council: to promote positive emotional well-being and reduce the risk of suicide in children and young people	<a href="https://schools.essex.gov.uk/pupils/Safeguarding/">https://schools.essex.gov.uk/pupils/Safeguarding/</a>
Zero Suicide Alliance: free advice and online training	<a href="https://www.zerosuicidealliance.com/">https://www.zerosuicidealliance.com/</a>
Papyrus Hopeline: preventions of young suicide	<a href="https://papyrus-uk.org/">https://papyrus-uk.org/</a>
Campaign Against Living Miserably (CALM): advice, helpline and webchat for young males aged 15-35	<a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a>
SANEline: national out-of-hours specialist helpline for people affected by mental illness	<a href="http://www.sane.org.uk/what_we_do/support/helpline/">http://www.sane.org.uk/what_we_do/support/helpline/</a>
Students Against Depression: self-harm coping plan guidance	<a href="https://www.studentsagainstdepression.org/self-help/">https://www.studentsagainstdepression.org/self-help/</a>
Safe Lives: safety planning	<a href="http://www.safelives.org.uk/">http://www.safelives.org.uk/</a>
Essex County Council: self-harm management toolkit	<a href="https://schools.essex.gov.uk/pupils/">https://schools.essex.gov.uk/pupils/</a>
Calm harm app, to support people managing the urges to self-harm	<a href="https://www.nhs.uk/apps-library/calm-harm/">https://www.nhs.uk/apps-library/calm-harm/</a>
Harmless: advice and guidance	<a href="http://www.harmless.org.uk/ourResources">http://www.harmless.org.uk/ourResources</a>
Self-injury support helpline, text support and webchat	<a href="https://www.selfinjurysupport.org.uk/">https://www.selfinjurysupport.org.uk/</a>