# 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**

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

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

**Kooth: Online Counselling. Visit Kooth.com**

**PAPRYUS: Prevention of Young Suicide 0800 068 4141**

**Anxiety UK: Text Service 07537 416 905**

## Apps

**Chill Panda: Stress and worry management**

**Breethe: Meditation & sleep**

**Calm Harm: Distraction to sef harm**

**Mindshift: Anxiety relief**

**SAM: Self Help Anxiety Management**

**Be Mindful: For stress and anxiety relief**

**Catch it: Improving anxiety and depression 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**

## Self Care

Talk to people mobile

Know the facts

Be Kind to yourself

Keep active

## Access Cognitive Behaviour Therapy (CBT) Online

**Get self help**

**Psychology Tools**

**Positive Penguins**

**Therapy for You**

Pet Therapy

Have a sort / clear out
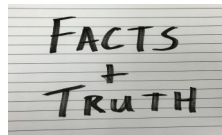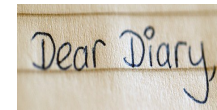
## CoronavirusCovid-19 Advice

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 .

Keep a diary of what helps

Do things that make you happy

Find Calm things to do

CHILD & ADOLESCENT MENTAL HEALTH SERVICES