

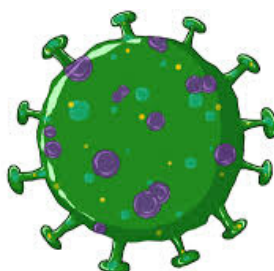
## The Public Health 5-19 Service's ideas to support your physical and emotional health during this time of transition

We are living in unusual times with lots of uncertainty and mixed messages so here are some links and resources to help with any concerns you may have.

Don't forget that despite the current crisis, life is still moving on and with it normal developmental changes for your age group. How you might be feeling may well be related to those normal changes and not to the pandemic.

### CORONAVIRUS

There are links to Covid-19 specific information in the 'helpful websites' section as well as helpful information on other areas of concern for your age group.



### THE TEENAGE BRAIN

Did you know that the teen brain is very different to the child brain and the adult brain? If you don't know about those differences you're not alone lots of teens and adults don't know either, a really good resource is 'Your Special Teenage Brain' Video by Nicola Morgan. Watching with family and carers might help you all understand why you may feel, say and do things that confuse and worry you. Our team uses this video to explain those changes to years 6 to 8 and with parents, carers and teachers and have witnessed many penny drop moments.

### TEACHING YOURSELF SELF HELP

Low level anxiety can be improved using various self-help tools. It can feel hard to engage with self-help, but being able to regulate your own emotions and come to your own emotional rescue will be useful in the future; self-help is a valuable way of learning those skills.

Finding a way to distract yourself and get your 'thinking brain' working is important in calming down your emotional response. We have a downloadable 'Self Help' leaflet you can look at to help you consider ways to self-help.

**You could always try using your phone or ipad to download an app to help with worries or use to relax at the end of the day There are lots of apps recommended by the NHS ranging from yoga, meditation, melodies and music**



### HELPFUL WEBSITES

**Kooth.com** is an online counselling service for young people aged 11-19 in Cumbria. It is a safe place to go and explore a variety of emotional health issues, with self help tools, leaflets and articles written by young people and professionals.

**Young Minds** have a section on looking after yourself- information on Covid-19 and mental health, asking for help, alcohol and drugs, social media and mental health, young carers etc.

**Beacon House** has some great videos and resources in relation to Covid-19 which would help if you're feeling anxious and need some ideas on how to manage it. It covers all age ranges.

**Childline** provides online counselling up to the age of 19 years, it also has information and advice about issues that may be worrying you. Body image, friendships, families etc.



# PERSONAL HEALTH SELF CARE

Physical self care is also essential to your well being. If you know your body well and look after it you will quickly notice any changes. We only have one body so we need to look after it! Starting early with testicular and breast checking and taking care of your sexual health is really important as you transition into adulthood.



[Baggy Trousers](#) link will take you to the website that explains why it's important to check your testicles and how to do it.



[CoppaFeel](#) website gives you information about checking your breasts and pecs irrespective of biological gender. Everyone needs to get into good habits of checking what's normal for them.



[Brook Advisory](#) has free confidential information, advice and real life stories for young people to access. If you have any concerns about your sexual health or queries about contraception this site has an online tool explaining all the options. Current advice due to Covid-19 is that you do not have any direct contact with anyone outside your home. Any partners that do not live with you, should only be contacted via social media to protect yourself and your family and community from spreading C-19.

[The Sleep Council](#) has some really good ideas to help you're if you are struggling with your usual sleep routine, getting to sleep or staying asleep whilst off school. It explains why it's common to struggle with your sleep pattern, explaining a physiological reason why you can't get to sleep. Sleeping difficulties commonly arise due to physical, mental and social changes taking place in a teenager's life.



**Don't forget if there is anything you are concerned about you should still talk about them to your family and GP. GP's are still working and will speak to you on the phone and will arrange a face to face appointment with you if they think you need to be seen.**

## PUBLIC HEALTH 5-19 WEBSITE

Our website has lots of information on health and well being with links and fact sheets for young people on a variety of topics. The [Mental Health](#) section has self help tools for anxiety and chill skills resources. Along with practical tips on mindfulness to help when feeling anxious or worried . Although produced for younger children the [Worry toolkit](#) is an easy read with activities to explain what happens when you are feeling anxious. Check out [risk taking behaviour](#) section for more links to useful websites.



[Chill Skill activities](#)

[Mindfulness activities](#)

[CAMHS](#)



[Kooth.com](#)

Free and confidential online counselling service for young people aged 11-19 in Cumbria. It is a safe place to go and explore a variety of emotional health issues,

## PUBLIC HEALTH ENGLAND

And finally if you're not aware of the online resources from [Public Health England](#) take a look. Schools, young people and parents can access this site for ideas on home schooling resources, health related topics and information on Covid 19.