

FAMILY WELLBEING & SUPPORT

Taking Care of your Mental Health and Wellbeing during the Covid 19 Pandemic

Coping with Staying at Home:

Keep in touch with people who matter to you: Keep in touch with friends, family and neighbours. This could be by telephone, video calls such as Facetime, WhatsApp or Skype, email, social media or even by post.

Create a new daily routine: Get up at the same time as normal and plan how you will spend your day cooking, reading, tidying, watching TV and so on. And don't worry if things don't go to plan.

Talk about your worries: You might feel worried, scared or helpless about the current situation.

It's good to talk about your concerns with others, support agencies are listed on this leaflet who can support you.

Avoid information overload: Rumor and speculation can fuel anxiety. Try to limit the time you spend watching, reading or listening to coverage of the coronavirus outbreak, including on social media.

Get as much fresh air as possible: If you can, spend time in your garden, yard or even open a window to let in fresh air.

Keep active: If possible try and build some physical activity into your daily routine in line with the guidance, such as cleaning or just getting up and walking about the house.

Eat well, Sleep well: If you're stressed or anxious it can be easy to forget to have a well-balanced meal.

Getting a good night's sleep is also important to both mental and physical health.

Mood and feelings

Taking care of your mental health is as important as looking after your physical health.

You may find that social distancing and staying at home can be boring, frustrating or lonely and that your mood and feelings are affected.

You may feel low, worried or have problems sleeping and you might miss being with other people.

It's important to remember the actions that we are taking by staying at home may be difficult, but that they are helping to slow spread of coronavirus (COVID-19).

It's natural to feel worried or anxious during these uncertain times, but there are things we can all do to help ourselves and others, to prevent these feelings from becoming more serious.

Support when you need it - For Children and/ or Young People in distress

If you are not sure what support is needed, then you can call the **Single Point of Access (SPA)** on **0300 123 4496** to talk through what information, advice and support might be appropriate.

If a child needs urgent mental health support: **NELFT Mental Health Direct (MHD)** team provides additional support out of hours and weekends via telephone advice and triage to Crisis teams. The telephone number is 0300 555 1000.

For people of all ages needing immediate mental health support, just text the word **"Kent" or "Medway" to 85258**. This is a new 24/7 text service provided by **SHOUT** and the **Crisis Text Line** as part of the Kent and Medway Release the Pressure

Support when you need it - For Adults

Crisis Text Line

If you're experiencing a personal crisis, are unable to cope and need support. Shout can help with urgent issues such as:

- Suicidal thoughts
- Abuse or assault
- Self-harm
- Bullying
- Relationship challenges

Text Shout to 85258 (UK).

CALM

National helpline for men to talk about any troubles they are feeling. Call 0800 58 58 58 from 5pm-midnight 365 days of the year.

Samaritans helpline

The Samaritans offer emotional support 24 hours a day - in full confidence. Call 116 123 (UK) - it's FREE or email jo@samaritans.org.uk

The Wellness Society

Coronavirus anxiety workbook for adults - a tool to help you build resilience during difficult times: thewellnesssociety.org/free-coronavirus-anxiety-workbook

KCHFT School Service

FAQS - kentcht.nhs.uk/service/school-health/covid-19-faqs-for-parents

CarersUK

Help and advice: carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19

**Kent
County
Council**
kent.gov.uk



Information, Advice and Support Kent (IASK) provide free, impartial and confidential information, advice and support about special educational needs and disabilities (SEND) for children, young people up to age 25, parents and carers.

Offering helpline and video meetings for children and young people with special educational needs and disabilities and their parents iask.org.uk

Helpline: [03000 41 3000](tel:03000413000) **Email:** iask@kent.gov.uk

Telephone Helpline open Monday - Friday, 9am - 5pm

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Support when you need it - For Children and/ or Young People in distress

Other services that young people can access directly are:

Kooth is a mental health and wellbeing online platform for young people aged 10 to 16 across the whole of Kent. The service is free and can be accessed at www.kooth.com. It's a place to get advice, information and support 24/7. Young people can chat to a friendly qualified counsellor Monday to Friday between 12 noon and 10pm and Saturday and Sunday between 6pm and 10pm.

Accessing www.moodspark.org.uk or www.kentresiliencehub.org.uk to learn about mental health and find tips and resources to keep emotionally healthy.

Texting **ChatHealth** for support around physical and mental health on 07520 618850. The number is monitored Monday to Friday, 9am to 5pm.

Self-referring to the **Children and Young People's Counselling Service** at www.kentch.nhs.uk/forms/school-health-service-referral-form



Place to Be - wellbeing activity ideas for families during coronavirus outbreak: <https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>

Young Minds – support and advice via the parents helpline: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

Public Health England - guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus outbreak: <https://bit.ly/341HFt1>

Psychology Today – toolbox for families during coronavirus: psychologytoday.com/gb/blog/pulling-through/202004/the-pandemic-toolkit-parents-need?eml

WellChild – Covid19 information for parents and carers: wellchild.org.uk/2020/03/11/covid-19-information-for-parents-and-carers

NHS South London and Maudsley – tricks and tips to support families who may feel under pressure during this time: <https://familiesunderpressure.maudsleycharity.org/>

Parent Info - support and advice to parents in matters related to young people and families in a digital world: <https://parentinfo.org/articles/all>

Royal College of Paediatric and Child Health - a page of useful websites and information to help parents and children at this time: <https://www.rcpch.ac.uk/resources/covid-19-resources-parents-carers>

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

Be You Project (Kent) – support for 8-25 year olds from the LGBT+ community and parents and carers: www.thebeyouproject.co.uk - 07966368250

Short films to support key issues:

Dr R Hussey

Sleep - <https://www.youtube.com/watch?v=fEyrB3IKjSk>

Anxiety - <https://www.youtube.com/watch?v=7qq4T11apVE>

Emotional regulation and relationships - <https://www.youtube.com/watch?v=PmMoRR-SBMw>

Fegans: Free animated series for parenting called Parenting in a Pandemic: <https://www.fegans.org.uk/parenting-in-a-pandemic>

Anna Freud - advice for parents and carers: [youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be](https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be)

Autism and Coronavirus:

The Autism Apprentice - working with families with a young person with autism, working remotely via email, video call or social media: autismapprentice.co.uk

The Mighty – support and advice: <https://themighty.com/2020/03/covid-19-autism-routine-disruption/> about routine and disruption with a child with autism

Anna Kennedy online is a small online charity raising awareness of Autism - <https://www.annakennedyonline.com/autism-and-coronavirus-advice-for-parents-by-rosie-weldon/>