

## **Wellbeing and Mental Health during Covid-19: A guide to looking after yourself and others**

The information below is taken from the above guidance.

### **Supporting Young People**

The sudden change in children and teenager's routine, combined with the Covid-19 crisis will be unsettling, and younger ones might find it difficult to understand what's happening and why everyone is so worried. But there are lots of things we can do to look after children's mental health and wellbeing during this crisis.

### **Beat Corona Anxiety for Kids**

- Create a routine and structure
- Keep them connected with friends
- Re-assure them they are safe
- Let them talk about their worries
- Teach them coping skills
- Limit their exposure to news

### **Talking to Children about Covid-19**

- Children may not talk directly about Covid-19 but still check-in with them.
- Explain it's normal to feel scared or unsure.
- Be honest, speak calmly, use age appropriate language.
- Re-assure them that elderly family members are being looked after.
- Pay attention to individual worries, these may seem trivial to you, but may feel important to your child.
- You don't need to have all the answers, if you don't know you can find out together.
- Explain how they can help. For instance, good hygiene and social distancing, and how this can keep them and others stay safe.

### **Telephone/Online Helplines**

#### **Young Minds Parent Line**

**0808 802 5544**

Advice for parents and carers worried about a young person, Mon-Fri 9.30 am-4.00 pm.

#### **Young Minds Crisis Messenger**

**Text YM to 85258**

Crisis text support for under 25s 24/7

#### **Papyrus Hopeline**

**0800 068 4141**

Support and advice for Young People. Mon-Fri 9.00 am-10.00 pm, weekends 2.00 pm-10.00 pm.

#### **Childline**

**0800 11 11**

Support currently available 9.00 am-Midnight and online 1-2-1 chat [www.childline.org.uk](http://www.childline.org.uk)

#### **Kooth**

Free online counselling for young people over 11. [www.kooth.com](http://www.kooth.com)