



# 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

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

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

Kooth: Online Counselling. Visit  
Kooth.com

PAPRYUS: Prevention of Young Sui-  
cide 0800 068 4141

Anxiety UK: Text Service  
07537 416 905

## Apps

Chill Panda: Stress and worry manage-  
ment

Breetho: Meditation & sleep

Calm Harm: Distraction to self harm

Mindshift: Anxiety relief

SAM: Self Help Anxiety Management

Be Mindful: For stress and anxiety relief

Catch it: Improving anxiety and depres-  
sion 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

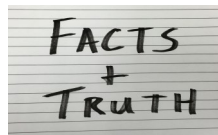
Talk to people mobile



Pet Therapy



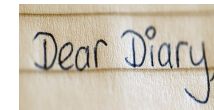
Know the facts



Have a sort / clear out



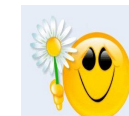
Keep a diary of what helps



Be Kind to yourself



Do things that make you happy



Keep active



Find Calm things to do



## Access Cognitive Behaviour Therapy (CBT) Online

Get self help

Psychology Tools

Positive Penguins

Therapy for You

## Coronavirus Covid-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 .