



Coronavirus and Your Wellbeing

April 2020

INFORMATION FOR CHILDREN AND YOUNG PEOPLE

You may be confused or worried about the coronavirus outbreak and the impact it will have on your life. This could be having to stay at home or avoid other people. You may start to feel bored or frustrated and miss other people. You may feel low, worried or find it difficult to sleep.

This is completely normal – things keep changing as we learn more about the virus, schools have closed, and people are now self-isolating to protect themselves and others.

This can feel overwhelming and at times like these, it can be easy to fall into unhealthy habits which can make you feel worse.

There are simple things you can do to make you feel better. We have put together some useful information and links to where you can find tools to help you during this difficult time.

SUPPORT AVAILABLE FOR YOUNG PEOPLE IN MEDWAY

Medway youth service

[Face-face social activities](#) for children and young people are currently suspended until the end of June. However online sessions lasting around 40 minutes are available via [zoom](#) for young people aged 11-18. Nearly 20 sessions running each week on a range of topics.

SHOUT

24hour service for anyone in Kent or Medway in need of mental health crisis support. This service (for all age groups) is available simply by texting the word "Medway" to 85258



A Better Medway

Follow us on Facebook to see live Mindfulness and Relaxation sessions, scavenger hunts, exercising at home videos, healthy snack ideas and online cookery demos.





Medway Child Health Team

The child health team have been creating and identifying resources to make learning at home fun. If you are not already receiving these electronically contact your school office or email childhealth@medway.gov.uk

School Health Service (MCH)

The School Health team is made up of qualified and specialist nurses who work in local communities and schools, providing health assessments for children, as well as advice and support for children and parents around issues such as sleep, behaviour and emotional health.

The team includes emotional wellbeing practitioners who can offer support for emotional needs resulting from life challenges such as parental separation, bereavement or anxiety.

Services are currently be conducted via voice or video call. Contact the single point of access on

0300 123 3444 (option 2)

The Medway Young Carer project

Aims to support young people aged 5 to 18 who are in a caring role by offering them support and the opportunity to have a break from their caring role and meet others who are in a similar situation.

To register as a Young Carer or for more information please phone **0300 303 1555** or email YoungCarers@carersfirst.org.uk

MEDWAY YOUNG PERSONS' WELLBEING SERVICE

This for people aged 0-18 years or up to 25 with SEN needs. The service offers advice and support for stress, low mood, and depression, anxiety, self-harm, difficult to manage behaviours as well as support for neurodevelopmental difficulties such as ADHD or ASD. You might benefit from some of the self-help resources accessible at or you can self-refer on 0300 300 1981.

SELF-CARE AND DISTRACTION IDEAS

Apps can help you to help relax

Calm-Harm is suitable for people who are trying to manage urges to self-harm


Chill Panda is suitable for children who want to learn how to manage stress, relax and feel better

Headspace helps you to let go of stress and relax with guided meditations and mindfulness.

Cove allows you to create music connected to your feelings

DAYLIO is a daily mood tracker suitable for people age 4+





Anna Freud have provided advice on managing wellbeing during the coronavirus situation and an extensive list of self-care ideas for young people to help them look after their wellbeing - includes ideas such as hope boxes, aromatherapy, creative writing and baking. Separate advice is available for young people, parents/ carers and professionals.

Childline provides a **toolbox** of activities such as breathing exercises, coping videos, yoga, games and a mood journal.

Good mental health matters – free online resources for secondary and primary school aged children including activity sheets and videos.

Family mindful games

Moodspark is a place where young people can learn to look after their wellbeing.

You can find information and service updates at **A Better Medway**



A free book explaining the virus to children, illustrated by Gruffalo artist Axel Scheffler

Coronavirus information particularly aimed towards children in care and young care leavers. FAQs and information on keeping well at

Become Charity

HELPING YOUNG PEOPLE TO UNDERSTAND THE CORONAVIRUS

Mind have extensive information about the coronavirus, which includes advice on coping with the changes to school/ college, what to do if you're worried about someone else, if you're about to leave social care or if you are a young carer. There are also tips on how to look after your wellbeing and links to further support.

The department of education have setup a dedicated helpline to answer questions about coronavirus (covid-19) related to education. Parents and young people can contact the helpline Monday to Friday 8am -6pm as follows on 0800 046 8687 or by emailing dfc.coronavirushelpline@education.gov.uk



Mencap have created an easy read guide to the coronavirus.

Emerging Minds have put together advice and a summary of useful resources for parents, carers and people that work with children.

BBC Newsround provides tips if you're worried about the COVID-19 & advice on coping with the changes associated with being away from school. Resources suitable for those 11-18.



STAYING HEALTHY

Get up and moving with [Disney inspired indoor games](#) and activities and [accessible activities](#) for disabled young children.

Disney [dance](#)-along music and videos (The Jungle book, Moana, The Little Mermaid and Descendants 3).

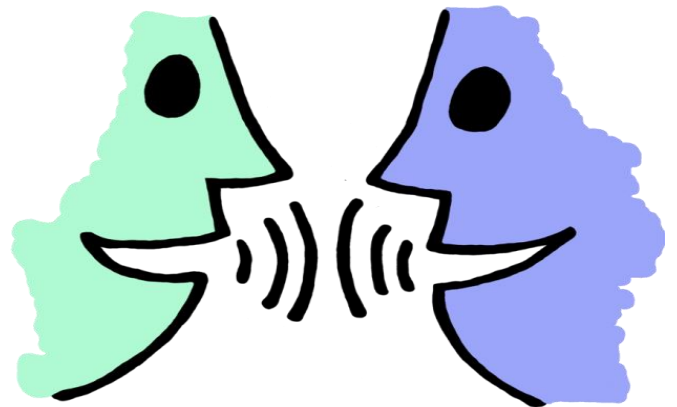
Home exercise ideas for older children and parents – [Hula Hooping](#), [exercises to try at home](#), [couch to 5K](#) or Anna Martin 30 day [home work-out challenge](#)

METRO charity provide advice and advocacy, STI home testing kits, free condoms, counselling services, workshops, relationships and sex education training and support groups where diversity is celebrated. One-to-one services are continuing remotely during the coronavirus outbreak and **METRO** are still accepting new referrals. This consists of ~6 weeks of mentoring, which covers positive relationships, emotional literacy, sexual health, communications skills, pornography, and online safety. **METRO** are exploring how they can deliver schools-based group work remotely.

Practice Skills for Life with these 'Beat The Wall' challenges for [primary](#) aged and [secondary](#) aged children and young people.

Speaking to someone

[Young Minds](#) provides Information on [coronavirus and mental health](#) for young people as well as a crisis line and parents' parents helpline 0808 802 5544 - open 09.30–16.00



[Kooth](#) provides online counselling for 10-17yr olds

[Big White Wall](#) offers 1-1 online therapy with registered & accredited counsellors and CBT therapists as well as an anonymous & stigma-free support network all for people aged 16+.

