

Emotional Wellbeing and Mental Health Support During Coronavirus

Advice & Guidance on Self-isolation:

These links are trusted sources on how and why we need to self-isolate:

- Self-isolation guidance by Public Health England:
<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>
- Social distancing by Gov.uk: <https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>
- BBC News Guidance: <https://www.bbc.com/news/uk-51506729>
- Looking after your mental health whilst in self-isolation by Young Minds:
<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

Emotional Wellbeing whilst in self-isolation (children, young people and adults)

Top tips for staying emotionally healthy during self-isolation:

5 ways of wellness:



- **Stick to a active daily routine** (e.g. creating your own daily programme including three meals a day, activity time slots, self-care opportunities and bedtime routine)
- **Do light activity** - stretch and home workouts (e.g. yoga, dance, spring cleaning the house)
- **Keep up hobbies that keep you moving** (e.g. baking, reading, writing, making music, gardening etc)

- **Engage in creative activities** (e.g. art, scrap book making, junk modelling, restoring furniture, create music, redecorating)
- **Keep connected to others** (e.g. phones, email, skype, websites, helplines & online counselling)
- **Keep an active mind** (e.g. learning a new skill, research, brain training games, home learning using such free websites)
- **Try Meditation and relaxation** (e.g. Apps and free YouTube videos such as headspace)
- **Hot desk at home with planned short brain breaks**
- **Plan meals in advance**
- **Do things you enjoy doing** (e.g. watch a boxset, paint your nails, listen to podcasts, reading etc)
- **Keeping hydrated**
- **Self-care opportunities** (Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety)

Parent/Adult Resources

The following resources will help you to support the emotional wellbeing and mental health of yourself and your family:

Emotional Wellbeing through Coronavirus:

- Public Health England Coronavirus resources: <https://campaignresources.phe.gov.uk/resources/campaigns/101-coronavirus-/resources>
- Advice for children, families and staff: <https://www.annafreud.org/coronavirus/>
- Mental health foundation, How to look after yourself after your mental health during the Coronavirus outbreak: <https://mentalhealth.org.uk/coronavirus>
- Mind, coronavirus and your wellbeing: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- 6 ways parents can support their kids through coronavirus (Unicef): <https://www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-through-coronavirus-covid-19>
- Young minds advice to young people and parent on mental health and impact of coronavirus: <https://youngminds.org.uk/about-us/media-centre/press-releases/youngminds-publishes-advice-for-young-people-and-parents-on-mental-health-impact-of-coronavirus/>

- Young minds, what to do if you are anxious about coronavirus:
<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Supporting children and young people:

- Supporting children and young peoples' mental health advice:
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
- NSPCC, Mental health and parenting: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>

Supporting yourself and your family:

- How to support your mental health whilst working from home by Mental Health First Aid England: <https://mhfaengland.org/>
- For your mind health get 'your mind plan' quiz, get 'your physical health quiz', plus NHS endorsed Apps: https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=MentalHealthGeneric&gclid=CjwKCAjw3-bzBRBhEiwAgnnLCgr2g84Ag7XAbtbARWt6APSWPwt75UUcPUtsNkI6L37vTprESbG_wBoC8XwQAvD_BwE –
- Mental health explained by the organisation Mind: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/support-services/>
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- Time to Change website & signposting to other websites: <https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support>
- How to support someone experiencing mental health difficulties by the Mental Health Foundation: <https://www.mentalhealth.org.uk/publications/supporting-someone-mental-health-problem>
- That discomfort you're feeling is feeling is grief- by Scott Berinato
<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?sfns=mo>
- Helping your friends and family 12 things to try when a loved one is struggling by Scottish Association for Mental Health (SAMH):
https://www.samh.org.uk/documents/looking_after_friends_and_family_factsheet.pdf
- 16+ self-help CBT online course by Moodgym (advocated from SAMHs document above):
<https://moodgym.com.au/info/faq>
- 24/7 safe community to support your mental health by Big White Wall:
<https://www.bigwhitewall.com/>

- Course for learning and practicing mindfulness by Be Mindful Online: <https://www.bemindfulonline.com/>
- Parental mental health: How to help children living with parents with mental health problems by NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/child-protection-system/parental-mental-health/>
- Parenting with mental health challenges by Mind: <https://www.mind.org.uk/information-support/tips-for-everyday-living/parenting-with-a-mental-health-problem/parenting-and-mental-health/>
- Young Minds for parents: <https://youngminds.org.uk/find-help/for-parents/>
- Parenting with mental health illness by Young Minds: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-parental-mental-illness/>
- Activities for families whilst in self-isolation by Home Start: <https://www.home-start.org.uk/news/activities-for-families-during-self-isolation>
- Parent helpline and online counselling by Relate: <https://www.relate.org.uk/relationship-help/talk-someone>
- NHS mental wellbeing audio guides: <https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>
- Mental Health Foundation Podcasts: <https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing>
- Obsessional Compulsive Disorder - OCD UK: <https://www.ocduk.org/>

Child/Young People Resources

The following resources will help children and young people to manage their own emotional wellbeing and mental health:

Apps:

NHS approved mental health apps list:

<https://www.nhs.uk/apps-library/filter/?categories=Mental%20health>

Guidance & Activities for Children:

- At home activity guide and ideas (Toddlers and Young children) by Zero to Three: <https://www.zerotothree.org/resources/3264-at-home-activity-guide>

- Make the most of video chats to families and friends with young children by Zero to Three: <https://www.zerotothree.org/resources/2535-five-tips-to-make-the-most-of-video-chats>
- Cosmic Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>
- Joe Wicks workout for kids: <https://www.youtube.com/watch?v=Rz0go1pTda8>
- Joe Wicks Home workout: <https://www.youtube.com/watch?v=fHfTCd2q-rg>

Guidance for Young People:

- We all have mental health by Anna Feud: <https://www.youtube.com/watch?v=DxIDKZHW3-E>
- Social media and mental health by Young Minds: <https://youngminds.org.uk/find-help/looking-after-yourself/social-media-and-mental-health/> -
- Wysa a private reflective space: <https://www.wysa.io/>
- Mindfulness explained and activities by Headspace for Kids: <https://www.youtube.com/channel/UC3JhfsgFPLSLNEROQCdj-GQ>

Helplines

The following links provide details of helplines, webchats and text support services:

Parent Support lines

- Samaritans helpline 116 123: https://www.samaritans.org/chatappeal3/?gclid=CjwKCAjw3-bzBRBhEiwAgnnLCgy8E_S_3AFSQ4rm0TOPR1nPGC-5sd-rCSlqvqCWHquaN_u-8QEdMRoCBqcQAvD_BwE
- Text support if you are experiencing a crisis by Give Us a Shout: <https://www.giveusashout.org/about-shout/>
- Family support helpline by Families in Action: <https://www.family-action.org.uk/what-we-do/children-families/family-support-services/>
- Helpline by Supportline (any age): <https://www.supportline.org.uk/about/aims-of-service/>
- Parent helpline by Young Minds: <https://youngminds.org.uk/find-help/for-parents/>
- Parent confidential helpline by Family Lives: <https://www.familylives.org.uk/>
- Bereavement care support line by Cruse: <https://www.cruse.org.uk/>

Children & Young People Support Lines:

- NSPCC helpline 0808 800 5000: <https://www.nspcc.org.uk/what-you-can-do/make-a-donation/kids-in-real-life/> (The service includes emotional support)

Taken from The Essex **Emotional Wellbeing and Mental Health Support During Coronavirus** document

- Online or on the phone anytime by Childline 0800 1111: <https://www.childline.org.uk/> (The service includes emotional support)
- Free, safe, and anonymous online support for young people by Kooth.com: <https://www.kooth.com/>
- Advice and helpline by Anxiety UK: <https://www.anxietyuk.org.uk/>
- Advice & helpline by Beat Eating Disorders: <https://www.beateatingdisorders.org.uk/support-services/helplines>
- Confidential advice and support around a range of physical and emotional needs. Essex school nurse text service: <https://essexfamilywellbeing.co.uk/chat-health/>
- Helpline for under 25s by The Mix: https://www.themix.org.uk/?gclid=Cj0KCQjwpfHzBRCiARIsAHHzyZo3TCEkwAkum3duWevgywH_dkez2OvQWI2kBXrPb5GkTZS6AjdBERkaAngiEALw_wcB

Crisis Management

Crisis management is for assessing risk when a person presents as showing signs of distress with their mental health, which causes concern for their safety or others safety.

Emergencies

- Essex crisis management page guidance: <https://www.essex.gov.uk/mental-health>

Emergency or crisis help:

When you or someone that you care for is having extreme mental health difficulties, you may need to get help very quickly. This information is only to be used for a mental health emergency or crisis.

Serious or life-threatening issues:

If you or someone that you care for is in immediate danger, you should:

- **Contact the emergency services on 999**
- **Go to your nearest A&E department**

Urgent issues:

If you or someone that you care for is having an urgent mental health issue, you should:

- Call your mental health support worker, if you have one - this may be your care co-ordinator or key worker
- Call NHS 111: This NHS service is available 24 hours a day

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- Book an emergency GP appointment - they should be able to offer you an appointment in a crisis with the first available doctor
- Call Adult Social Care on 0345 603 7630 or 0345 606 1212 (outside of normal working hours)
- Call the Crisis Team at EPUT (for Adults) or the **Crisis Support Service (for Young People) on 0300 555 1201**
- NHS Choices has a mental health helpline page with a list of organisations you can call for immediate assistance

Further information

- NHS guidance on: Dealing with Mental Health Crisis or Emergency: <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency/>

Suicide Prevention

- How to promote positive emotional well-being and reduce the risk of suicide in children and young people by Essex County Council: [https://schools.essex.gov.uk/pupils/Safeguarding/Emotional Wellbeing and Mental Health/Documents/Promoting%20Positive%20Emotional%20Well-being%20and%20Reducing%20the%20Risk%20of%20Suicide%20-%20Spring%202018.pdf](https://schools.essex.gov.uk/pupils/Safeguarding/Emotional_Wellbeing_and_Mental_Health/Documents/Promoting%20Positive%20Emotional%20Well-being%20and%20Reducing%20the%20Risk%20of%20Suicide%20-%20Spring%202018.pdf)
- Advice and free online training by Zero Suicide Alliance: <https://www.zerosuicidealliance.com/>
- prevention of young suicide Hopeline by Papyrus: <https://papyrus-uk.org/>
- Advice, helpline and webchat for young males aged 15-35 by Campaign Against Living Miserably (CALM): <https://www.thecalmzone.net/>
- Only national out-of-hours specialist helpline for people affected by mental illness. Text care and call backs by SANEline: http://www.sane.org.uk/what_we_do/support/helpline/

Safety Planning and Self-harm Coping Guidance

- Safety Planning and Self-harm coping plan guidance by Students Against Depression: <https://www.studentsagainstdepression.org/self-help/>
- Safety planning by Safe Lives: http://www.safelives.org.uk/sites/default/files/resources/YP_safetyplan.pdf
- Self-harm management toolkit by Essex County Council & Partners: [https://schools.essex.gov.uk/pupils/Emotional Wellbeing and Mental Health Information Portal for Schools/Documents/DS17_5950_SelfHarm_Toolkit_Digital.pdf](https://schools.essex.gov.uk/pupils/Emotional_Wellbeing_and_Mental_Health_Information_Portals_for_Schools/Documents/DS17_5950_SelfHarm_Toolkit_Digital.pdf)

Taken from The Essex **Emotional Wellbeing and Mental Health Support During Coronavirus** document

- Calm harm app, to support people managing the urges to self-harm: <https://www.nhs.uk/apps-library/calm-harm/>
- Advice and guidance by Harmless: <http://www.harmless.org.uk/ourResources/copingStrategies>
- Self-injury support helpline, text support and webchat: <https://www.selfinjurysupport.org.uk/>