Mental Health and Wellbeing Support

As we face the challenges ahead it is inevitable that we will naturally find ourselves feeling more worried or anxious than usual. It is important that we continue to talk openly with those we live with and also where possible connect with others remotely. If you feel that you need additional support then please access the information, advice and guidance the following websites and services offer.

Charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom:

https://www.samaritans.org/

Charity campaigning and working in child protection in the United Kingdom.

https://www.nspcc.org.uk


Mencap - Easy Read guide to Coronavirus: https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf
Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing:

Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing:
https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/


Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: https://www.mindheart.co/descargables

Amaze - information pack for parents

Wirral Local Offer
https://localofferwirral.org/looking-after-yourself-looking-after-your-children/
Kooth.com - online support for young people

https://www.kooth.com

Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours’ young people can message our team and get support by the next day.

When students register with Kooth they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

To find out more visit www.Kooth.com where young people can register and others can find out more about the service.

You can also view a short video about the service at: https://vimeo.com/318731977/a9f32c87de
Kooth.com is a free, online counselling and emotional wellbeing platform for young people in Wirral* aged 11 to 25 (you can use Kooth until you turn 26 yrs old).

The Kooth website allows young people to gain anonymous access to advice, support and guidance on any issue that is affecting their wellbeing. From friendship or relationship issues, family disagreements or difficult home lives, to concerns around eating, anxiety, stress, depression, self harm, suicidal thoughts etc.

Our qualified counsellors are here to give young people the support they need, when they need it. Kooth.com ’s live chat service is available from Monday to Friday 12 noon - 10pm, Saturdays and Sundays 6pm - 10pm and is accessible through mobile, tablet and desktop,

As well as being able to talk to our counsellors, at Kooth.com you can also connect with other young people in monitored forums or get self-help through our online magazine. The large variety of forum categories allows young people to anonymously share their issues and receive positive messages of advice and support from young people across the country. As our forum posts are all checked before they go live on the site we can guarantee every young person a safe and helpful experience.

For more information go to Kooth.com

*Kooth.com is available in other areas in the UK
COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🚨

1. Make a plan to help you keep calm and stay in contact
2. Enjoy washing your hands. Remember all they do for you!
3. Write down ten things you feel grateful for in life and why
4. Stay hydrated, eat healthy food and boost your immune system
5. Get active. Even if you’re stuck indoors, move & stretch
6. Contact a neighbour or friend and offer to help them
7. Share what you are feeling and be willing to ask for help
8. Take five minutes to sit still and breathe. Repeat regularly
9. Call a loved one to catch up and really listen to them
10. Get good sleep. No screens before bed or when waking up
11. Notice five things that are beautiful in the world around you
12. Immerse yourself in a new book, TV show or podcast
13. Respond positively to everyone you interact with
14. Play a game that you enjoyed when you were younger
15. Make some progress on a project that matters to you
16. Rediscover your favourite music that really lifts your spirits
17. Learn something new or do something creative
18. Find a fun way to do an extra 15 minutes of physical activity
19. Do three acts of kindness to help others, however small
20. Make time for self-care. Do something kind for yourself
21. Send a letter or message to someone you can’t be with
22. Find positive stories in the news and share these with others
23. Have a tech-free day. Stop scrolling and turn off the news
24. Put your worries into perspective and try to let them go
25. Look for the good in others and notice their strengths
26. Take a small step towards an important goal
27. Thank three people you’re grateful to and tell them why
28. Make a plan to meet up with others again later in the year
29. Connect with nature. Breathe and notice life continuing
30. Remember that all feelings and situations pass in time

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys