

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>

National Autistic Society – guidance and helpline for parents’, young people and staff: [https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)

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:

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

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/>

Carers UK - Guidance for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

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

<https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>

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 10 pm 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>



Want someone to understand or advice to help a friend?
We're here for you.

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,

"Thank you so much for supporting me and messaging me. It really does mean a lot because you are the first person really who has actually made me feel like someone cares and someone will always be there. Thanks"

Kooth user



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**

"You have helped me so much. Thank you. I can never thank you enough. I am happier than I have been in months maybe years."

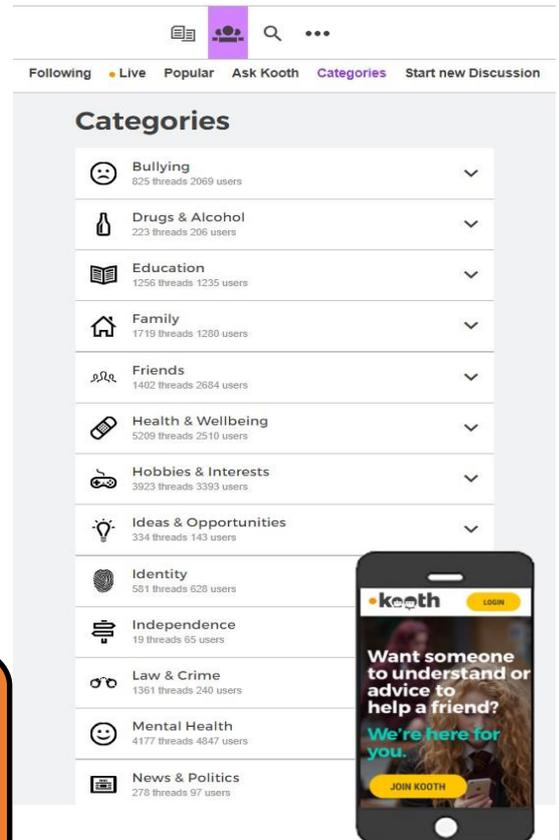
Kooth user

"You have turned my life around, you have no idea of the difference you make"

Kooth user

"It was so easy to talk about things. I feel like I can completely be myself and be true without being judged."

Kooth user



*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