

ages e.g. calming anxiety; managing stress; non-judgement; mindful walking and calm kids. Calm also has 'Sleep Stories' for adults and children to promote better sleep.

Headspace: Offers everyday mindfulness with new guided meditations to help you improve skills and achieve calmness. Headspace also encourages mindful movement with 'Wake Up' and 'Move Mode' functions.

Smiling mind: Has programs for all ages, with the option to set up sub accounts for the whole family. Smiling Mind offers a range of meditations, as well as programs for schools and workplaces. It also offers a daily check in to encourage taking stock of your emotions on a regular basis.

Other resources you can access from home



Self-Care tips

<https://www.annafreud.org/on-my-mind/self-care/>

NHS: Sleep tips for teenagers

<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>

NHS: Move More advice

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

CAMHS Resource Website: <https://www.camhs-resources.co.uk>



Online Cognitive Behavioural Therapy (CBT) Course



SilverCloud offers mental health support for a number of mental health difficulties, including stress, anxiety and depression, in the form of an 8 week CBT course, designed to help you change the way you think and feel about things. It is completed in collaboration with a therapist who monitors your progress, and is suitable for anybody **aged 16 and over**. Note, however, that it can only be accessed via an NHS referral or from some other organisations such as Universities. If you feel like you or a loved one might benefit from SilverCloud, you should contact your local mental health services to see if it is available. For more information see <https://www.nhs.uk/apps-library/silvercloud/> and <https://www.silvercloudhealth.com/uk>

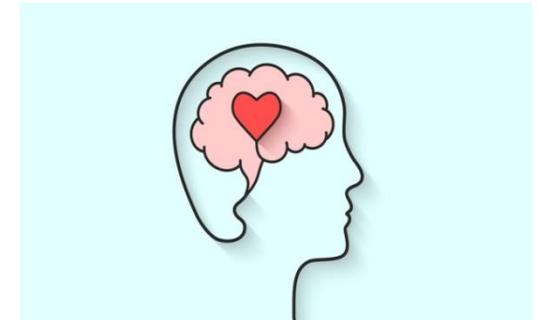
adoption counts  **OneEducation**
Putting children first

Looking After Your Mental Health during the Pandemic – for Young People

Adoption

Psychology

Service



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Manchester University
NHS Foundation Trust

Introduction

Since the start of the pandemic, we have all been forced to change the structure and routine of our everyday lives in order to protect the physical health of ourselves and those around us. Although this is still necessary for our safety, the changes are likely to have an impact on our mental health and wellbeing too. You may have also been finding life hard before the current situation and this period may have made things feel more difficult. If you or somebody in your household is struggling right now, there is a wealth of services, apps and other resources that you may find beneficial. Please do not be afraid to use them and/or to signpost them to others who you think might need them. This leaflet has a few suggestions that may help direct you. It is crucial that we not only look after our physical health during this pandemic, but our mental health too!

How to access support

If you are struggling, please remember there are a number of services still available to help you.

If you are worried about how you are coping, you can talk to a trusted adult (if you are in school) and discuss what support options are available e.g. counselling. Your doctor can also advise you and your parents whether further support would be helpful via your local Child and Adolescent Mental Health Services (CAMHS).

If you are concerned that you may hurt yourself and need emergency help, your local A&E department is still available to offer urgent mental health support.

However, many young people don't want to access face-to-face support – here are a few suggestions of services that can offer help either by telephone or online.

Services that can help

If you need any more help during this time, the following services are available to support you:



Kooth is a web-based confidential support service available to and designed specifically for young people. It provides a safe and secure means of accessing mental health and wellbeing support, whereby young people can engage in text-based conversations with a qualified counsellor, either on a drop-in or pre-booked basis. <https://www.kooth.com/>

childline

ONLINE, ON THE PHONE, ANYTIME
[childline.org.uk](https://www.childline.org.uk) | 0800 1111

A free and confidential support service for young people. **Helpline:** 0800 1111. **Chat:** [childline.org.uk/get-support/1-2-1-counsellor-chat/](https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/)



A service aiming to support and empower young minds, offering mental health support.

<https://youngminds.org.uk> **Young minds crisis messenger:** Text for help in a crisis by texting YM to 85258. Young Minds also have ideas for how you can be more present and mindful (see <https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/> for inspiration.)



If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice. **Tel:** 0800 068 4141. **Text:** 07860039967. **Email:** pat@papyrus-uk.org

Helpful Apps to Promote your Mental Health



Mindfulness apps have become more and more popular for young people. They enable you to practice skills which ground you and allow you to step away from escalating concerns and worries. The following apps are available for free on Google Play and the App store:

Calm: An app for sleep, meditation and relaxation. Calm offers a range of mindfulness topics for all