



## Resources for Older Children During the



### *Covid-19 Pandemic*

This is a strange time and a lot of people are struggling with feeling anxious and low who wouldn't normally. Remember, this will NOT be forever and is only a temporary change.

#### **Tips**

- 1) Don't forget the basics: regular meals, plenty of water, showering regularly.
- 2) Try to get enough sleep and keep in a routine.
- 3) Be open and honest about the current situation. Don't watch the news too much as this can trigger anxiety.
- 4) Try to encourage exercise – going for a bike ride, a walk or even You tube videos
- 5) Keep in Touch – with friends/relatives via phone calls, texting, FaceTime. The HouseParty app is a great way of doing group chats or even doing a shared activity.
- 6) Try mindfulness – Apps like HeadSpace, Calm or breathing exercises like these can help - <https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>
- 7) Distraction can really help – try a new project, individually or as a family.
- 8) Don't be so hard on yourself and only set goals if they are achievable
- 9) Write down things that you are grateful for to help you focus on the positives on your life.
- 10) Think about making a self-soothe box - <https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/> to help when you are feeling panicked or anxious

**If in Crisis (age 11 up): Gloucestershire NHS Crisis Team 08001690398**

**Young Mind's Crisis Messenger** - text YM to 85258

#### **Other Resources**

**Young Gloucestershire** - Tel: 01452 501008 [www.youngglos.org.uk/young-people/mental-health](http://www.youngglos.org.uk/young-people/mental-health) - For 11 to 25 year olds - Counselling by phone and via online chat | Online activities

**TIC+ (Teens in Crisis)** Tel: 01594 372777 Text: 07520 634063 [www.ticplus.org.uk/](http://www.ticplus.org.uk/).

Counselling by phone, online text chat or video chat. From age 9-21

**School Nurse** - Tel: 07507 333351 [www.ghc.nhs.uk/our-teams-and-services/school-nursing/](http://www.ghc.nhs.uk/our-teams-and-services/school-nursing/)

ChatHealth is open Monday to Friday from 9am to 4.30pm –to discuss health issues

**Childline** - Tel: 0800 1111 [www.childline.org.uk/](http://www.childline.org.uk/) Childline counsellors 9am – midnight.

**Young Minds** Tel: 0808 802 5544 – Parents helpline [www.youngminds.org.uk/](http://www.youngminds.org.uk/). Online information and advice to support children, young people and their parents.

**Mix** - Tel: 0808 808 4994 [www.themix.org.uk/](http://www.themix.org.uk/). Support with mental health, money, homelessness, finding a job, relationships and drugs

**Pooky Knightsmith** – has videos offering advice and support for families –  
<https://www.pookyknightsmith.com/videos>

**Kooth App** - Online mental wellbeing community, articles, discussion boards, daily journal.

**Mind** - For young people concerned about coronavirus and info for parents on how to discuss it. <https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing/>