

WELLBEING & SUPPORT DURING COVID-19

Secondary Schools



Created by
Ealing Mental Health Support Team
Adapted by
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Accessing the links

In this booklet there are a range of different resources on each page. There are blue links that are underlined as well as coloured boxes that say 'go to resource'. Depending on what device you have you can click on the link, and it will either take you to a webpage or automatically download a pdf file. On some computers you will have to hover over the link and click **Ctrl** and the link.

Any issues with the resources

There is a great deal of information out there regarding COVID-19 and wellbeing. We have included in this booklet what we consider to be the best resources that have been made by other services or organisations. We apologise if you come across any issues with using the resources or any errors within them, however since we did not make them we could not make any changes. Please feel free to contact the relevant organisation with any comments about individual resources.

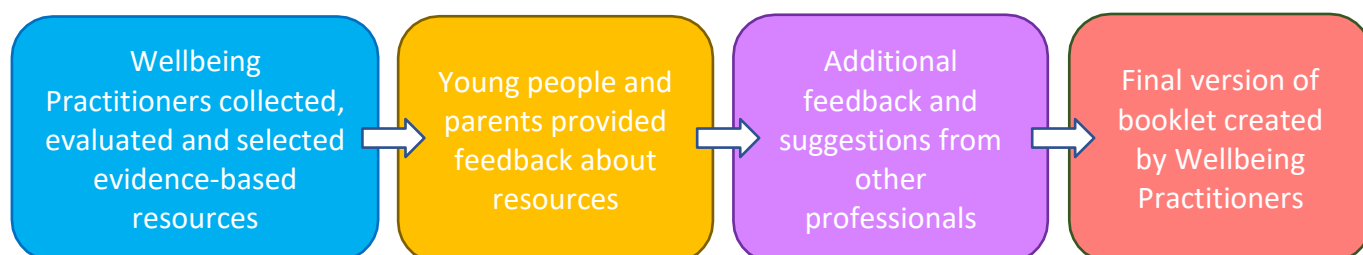
Introduction

This booklet was created in April 2020 by the Ealing Mental Health Support Team (MHST) in response to the current Covid-19 situation and adapted for use with Hounslow Mental Health Support Team. Hounslow MHST is a new service designed to support the wellbeing of children and young people in education settings, aiming to provide evidence-based support at the earliest signs of difficulties and promote life-long positive mental health.

In the current pandemic our usual 'normal' life has been disrupted and we all find we need to adapt - as we are doing this we will all experience a range of feelings. Children and adults alike might feel bored, frustrated, lonely, low, worried or experience a multitude of other emotions. It is important to remember that it is OK to feel this way and everyone reacts differently.

In this booklet we have included evidence-based resources for parents and carers to support their children during the current situation while also making sure that they are taking care of their own wellbeing. The booklet was created with the help of young people and parents in Hounslow, who provided us with valuable feedback on which resources are most useful to them.

This is how we made sure to include helpful, evidence-based resources in the booklet:



We have also listed a range of further support services at the end of this booklet. We hope you will find some helpful resources on the pages that follow.

Hounslow Mental Health Support Team

Top tips to support your wellbeing

Exercise



Physical activity has a huge potential to enhance our wellbeing. Even a short brisk walk can increase our alertness, energy and positive mood. Participation in regular physical activity can also increase self-esteem, and reduce stress and anxiety.

Find out more: [How to use exercise](#)
[Home work outs](#)
[Yoga](#)

Diet



What we eat and drink affects our physical and mental health. Having a balanced diet can have a positive impact on your energy levels, it can also help you to think more clearly and improve your mood and overall wellbeing.

Find out more: [What a healthy balanced diet looks like](#)
[Tips on healthy food swaps](#)

Sleep



It is important to develop and stick to a healthy sleep routine - even during this time when we have been asked to stay at home as much as possible. Good-quality sleep makes a big difference to how we feel mentally and physically. For example, it helps us cope with any worries surrounding the coronavirus and boosts our immune system's ability to fight infections.

Find out more: [Top tips for better sleep](#)
[Maintaining good sleep during the coronavirus pandemic](#)
[Sleep tips for young people](#)

Stay connected



Maintaining healthy relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family while you are all staying at home – by phone, messaging, video calls or social media – whether it's people you usually see often, or connecting with old friends.

Find out more: [10 apps to stay in touch](#)

Routine



Think about how you can adapt and create new routines that will help to keep you grounded during times of uncertainty. Try to keep as much of your usual routine as possible, for example you can wake up and get ready at the same time, structure work/study time and meaningful activities into your day.

Find out more: [Organise your day](#)
[Working from home](#)

Limit media coverage



Constant exposure to news about the outbreak can make us feel overwhelmed, stressed and anxious. Try to limit the amount of time you spend reading, watching or listening to news coverage to one or two times a day.

Make sure you use trustworthy sources, such as [gov.uk](#) and the [NHS website](#).

Relaxation and mindfulness



School closures and self-isolation and other factors you might have going on at home can lead to stress and anxiety. Relaxation techniques such as deep breathing and meditation can really help your wellbeing. If you are able to practice these regularly then you will feel the greatest benefits, so see if you can set aside even a little time every day.

Find out more: [Relaxation Techniques](#)
[What is mindfulness?](#)
[Mindful Breathing Exercise](#)

Looking for positives



In these scary and uncertain times, it is important to continue to stay positive. One way you can stay positive is to keep a gratitude journal, where every day you write down one or two things you are grateful for that day (no matter how small). You could use social media to follow accounts dedicated to spreading positive stories. You could consider with your family how you can help the people in your community, as helping others can be good for our own mental health and wellbeing.

Find out more: [The Happy Newspaper](#)
[Hope in a time of crisis](#)
[Coronavirus: How to help safely](#)

Resources for young people: general

Here we have found a range of information and resources which can be beneficial in supporting your mental and physical wellbeing during this time of uncertainty. Click on each **'go to resource'** to find out more!

Top tips to improve your mental wellbeing

Website

Go to resource

Helpful ★★★★★☆

Self-care tips

Website

Go to resource

Helpful ★★★★★

The best wellbeing apps

1-page PDF

Go to page 16!

Helpful ★★★★★

It's ok to worry about coronavirus

PDF booklet

Go to resource

Helpful ★★★★★

Living with worry and anxiety amidst global uncertainty

PDF booklet

Go to resource

Helpful ★★★★★☆

50 free things you can do during lockdown

Website

Go to resource

Helpful ★★★★★☆

We asked young people and practitioners to rate each resource on how helpful they thought it was, on a scale of 1-5. The stars you see reflect their feedback.

Resources for young people: school closures and exams

Worries about school closures and exams are affecting lots of young people across the world. Click on each 'go to resource', where you can find clear guidance from the government about your exams and views from others about how they are coping.

How I'm coping with exams being cancelled

Website

Go to resource

Helpful ★★★★★☆

Government information about cancelled exams

Website

Go to resource

Helpful ★★★★★

Studying at home: How young people around the world are keeping up their mood

Website

Go to resource

Helpful ★★★★★☆

When Ealing completed their survey asking young people to rate the resources, lots of you recommended BBC Bitesize as a great tool. There are lots of different articles and videos to look at on BBC Bitesize. Click on some of our favourite links below and explore the website further.

[Your questions answered: school closures and exams](#) Website

[Coronavirus: Exams are cancelled – how will I get my grades?](#) Website

[General tips and advice](#) Website

Resources for parents and carers

Here we have found a range of useful resources for parents and carers. Some of the following information might be helpful for you or could be beneficial in helping you support your child's wellbeing during these times of uncertainty. Click on each 'go to resource' to find out more!

COVID-19: Surviving isolation

1-page PDF

[Go to resource](#)

Helpful ★★★★★☆

Advice for families in self-isolation

PDF booklet

[Go to resource](#)

Helpful ★★★★★☆

Supporting children and young people with worries about COVID-19

PDF booklet

[Go to resource](#)

Helpful ★★★★★★

Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the COVID-19 outbreak

PDF booklet

[Go to resource](#)

Helpful ★★★★★★

Top tips for how you can support your child's mental health

PDF booklet

[Go to resource](#)

Helpful ★★★★★☆

Self-care tips

Website

[Go to resource](#)

Helpful ★★★★★☆

We asked parents and practitioners to rate each resource on how helpful they thought it was, on a scale of 1-5. The stars reflect their feedback.

Special Educational Needs and Disability (SEND) resources

Social Stories

A Social Story is a social learning tool that supports the meaningful exchange of information between parents/carers or professionals and children with SEND. They provide concrete, visual cues that are more digestible for children who find it difficult to conceptualize an image when given written or verbal explanations of what to do or what to expect. They were designed for children with autism but can also be useful for children with sensory needs or literacy, attention/behavioural difficulties.

They can serve to:

- reduce anxiety before or during new activity/routine
- clearly communicate what the expectations are
- help the child understand what is coming soon or what is happening now
- increase overall independence and reduce inappropriate behaviour

Below are some links to social stories that can be used to help explain the coronavirus and related situations:

Younger children

What is coronavirus?

PDF booklet

[Go to resource](#)

Coronavirus booklet

PDF booklet

[Go to resource](#)

I miss my friends and family

PDF booklet

[Go to resource](#)

Older children

Coronavirus social story

PDF booklet

[Go to resource](#)

Coping during the pandemic

Interactive online guide

[Go to resource](#)

Coronavirus comics

Website

[Go to resource](#)

Activities, Ideas and Tips for Self-Isolating with SEND

All children and young adults require support from caregivers during times of stress and uncertainty, such as those we are facing now with the spread of the coronavirus (COVID-19). Children and young people with SEND may face additional challenges related to comprehension, communication, difficulty understanding abstract language, an insistence on sameness, and a greater likelihood of anxiety - all of which may be exacerbated during this stressful period.

(UNC Frank Porter Graham Child Development Institute Autism Team)

Self-Isolation Activities and Tips

[Online Interactive Coronavirus Learning Guide](#) Website

[Home School Routine Toolkit](#) * PDF booklet

[Sensory Self-Isolation Activities](#) PDF booklet

[Printable Visual Time Capsule Workbook](#) * PDF booklet

[Hand Washing for Sensory Needs](#) 1-page PDF



Self-Isolation Videos and Handbooks

[Supporting Neurodiverse Children](#) YouTube video

[Supporting Individuals with ASD Through Coronavirus](#) * PDF booklet

[Supporting Children with LD/ASD](#) PDF booklet

[BBC Bitesize Parent's Toolkit](#) Website



* = document most helpful when printed

Bereavement support

Due to the global coronavirus pandemic many families will face bereavement, often under very difficult circumstances. Families may also be cut off from members of their usual support network making them unable to grieve in the usual way. As a result, we have collated some resources to support families who have to face grief and bereavement in these challenging times.

Websites for Adults

[Grief Encounter](#)

[Winston's Wish](#)

[Cruse Bereavement](#)



Videos for Parents and Carers

[Supporting children through difficult times](#)

[When you can't visit someone who is ill](#)

[Supporting bereaved children](#)

[Supporting a bereaved child with ASD](#)



Websites for Young People

[Help 2 Make Sense](#)

[Hope Again](#)



Where can I find further support?

General support services

Age UK - <https://www.ageuk.org.uk/>

Information on coronavirus, including updates on how you can look after yourself and loved ones, comments from Age UK, and ways you can support older people.

- » Call 0800 678 1602 (available 8am-7pm, every day)

Anxiety UK - <https://www.anxietyuk.org.uk/>

Information, resources and support for helping you understand how to deal with your anxiety during these difficult times.

- » Call 03444 775774 (available 9:30am-10pm Monday-Friday, 10am-8pm weekends)

BEAT - <https://www.beateatingdisorders.org.uk/>

Beat is the UK's eating disorder charity. We exist to end the pain and suffering caused by eating disorders.

- » Call 0808 801 0677 (available 12pm-8m every day, 4pm-8pm weekends)

Childline - <https://www.childline.org.uk/>

A free and confidential support service for children. Childline is here to help anyone under 19 in the UK with any issue they're going through.

- » Call 0800 1111 (available 9am – midnight, every day)
- » Chat online to a counsellor (available 9am – midnight, every day)

Frank - www.talktofrank.com

Confidential advice and information about drugs.

- » Call 0300 123 6600 (available 24 hours a day, every day)
- » Text 82111 with a question
- » Chat online (available 2pm-6pm, every day)

Good Thinking - <https://www.good-thinking.uk/>

A free, NHS-supported service to support individuals in managing their own mental health and building resilience so they can perform at their best.

Kooth - www.kooth.com

Free, safe and anonymous online counselling for young people.

- » Chat online to a trained counsellor (until 10pm, every day)

MIND - <https://www.mind.org.uk/>

Call, text or email for signposting to mental health support in your area.

- » Call 0300 123 3393
- » Text 86464
- » Email info@mind.org.uk

The Mix - www.themix.org.uk

Online guide to life for 16-25 year-olds in the UK. Emotional support is available 24 hours a day. On the website, you can chat about anything you like on their moderated discussion boards and live chat room.

- » Call 0808 8080 4994 (4pm-11pm, every day)
- » Chat online to trained supporter (4pm-11pm, every day)
- » Crisis messenger text service (24 hours a day, every day)

NSPCC – <https://www.nspcc.org.uk>

The NSPCC is the UK's leading children's charity, preventing abuse and helping those affected to recover

- » Call 0808 800 5000
- » Email help@nspcc.org.uk
- » If you would like support about **online safety**, go to:
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

Refuge (National Domestic Abuse Helpline) - <https://www.refuge.org.uk/>

The National Domestic Abuse Helpline is a freephone 24-hour helpline which provides advice and support to women and can refer them to emergency accommodation.

- » Call 0808 200 0247

PAPYRUS (Suicide Prevention Charity) - www.papyrus-uk.org

Confidential help and advice to young people and anyone worried about a young person.

- » Call 0800 068 4141 (10am-10pm Monday-Friday, 2pm-10pm weekends)
- » Text 07786 209 697 (10am-10pm Monday-Friday, 2pm-10pm weekends)
- » Email pat@papyrus-uk.org

Samaritans - <https://www.samaritans.org/>

A 24-hour service offering confidential emotional support to anyone who is in crisis.

- » Call 116 123 (24 hours a day, every day)
- » Email jo@samaritans.org

Shout Crisis Textline - <https://www.giveusashout.org/>

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

- » Text Shout to 85258 (24 hours a day, every day)

Switchboard (LGBT+ helpline) - <https://switchboard.lgbt/>

A safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional wellbeing.

- » Call 0300 330 0630 (10am-10pm, every day)
- » Chat online
- » Email chris@switchboard.lgbt

Young Minds - www.youngminds.org.uk

Information for young people about emotions and mental health.

- » Young people - text 85258 (24 hours a day, every day)
- » Parents - call the parents helpline 0808 802 5544

Local support services

Hounslow Citizens Advice Service - <http://www.hounslowcabs.org.uk/>

The service provides independent free, advice and assistance in social welfare.

- » Call 0300 330 1185

Hounslow Family Services Directory -

<https://fsd.hounslow.gov.uk/kb5/hounslow/fsd/home.page>

An online services directory and information resource for children, young people and families living in the London Borough of Hounslow. A dedicated SEND officer can also provide support and specialist information for families who have a child with additional needs or disability. During this time, the FIS will also be supporting parents whose jobs have been identified as being 'Critical Workers' and parents of vulnerable children; with information on which schools and childcare provisions remain open for their children to attend. Along with links that will take you to regularly updated pages with the latest council service information.

- » Call 020 8583 3470
- » Email: fis@hounslow.gov.uk

For information about **Food Banks** in Hounslow: [Hounslow FoodBanks](#)

London Grid for Learning - <https://www.lgfl.net/default.aspx>

The London Grid for Learning (LGfL) provides information for school staff, governors and the Hounslow Learning Partnership.

Hounslow Community Support Hub-

<https://www.hounslow.gov.uk/hub>

Hounslow Community Support Hub was set up in response to the Coronavirus pandemic by Hounslow council, local charities and businesses to offer support to its residents.

- » Call 020 7084 9697
- » Email: Hub@hounslow.gov.uk

Hounslow Youth Counselling Service (HYCS) - www.hycscounselling.co.uk

- » Call 0208 568 1818
- » Text 07784 481 308
- » Email: ask@hycscounselling.co.uk

Young Hounslow

<https://fsd.hounslow.gov.uk/kb5/hounslow/fsd/newyouth.page>

Hounslow Council's Youth Page provides information on Services available to young people in the borough as well as advice and support.

Hounslow Connexions

[https://www.hounslow.gov.uk/info/20025/schools_and_colleges/52/hounslow_connexions - careers advice for young people](https://www.hounslow.gov.uk/info/20025/schools_and_colleges/52/hounslow_connexions_-_careers_advice_for_young_people)

Hounslow's Connexions Service provides services to empower and inspire young people (aged 13-19 years old, up to 25 for those with additional needs) to make positive life choices.

- » Call 020 8583 5151

Hounslow services for SEND

Hounslow Local Offer -

<https://fsd.hounslow.gov.uk/kb5/hounslow/fsd/localoffer.page?localofferchannel=0>

Information on services and support for children and young people ages 0-25 with SEND.

- » Email: thelocaloffer@hounslow.gov.uk

Contact National - <https://contact.org.uk/>

Contact is a leading UK Wide charity, providing advice, information and support to families caring for children and young people aged 0-25, with any disability or additional need, regardless of diagnosis.

SEND information advice and support (SENDIASS) –

<https://fsd.hounslow.gov.uk/kb5/hounslow/fsd/advice.page?id=MS95wl7aoLU>

Impartial and confidential advice, covering educational matters, social care and health entitlements for children and young people ages 0-25 with SEND.

- » Call 020 8583 2607
- » Email SENDIASS@hounsl

THE BEST WELLBEING APPS

Here are a few apps you can download when you are spending time at home during self-isolation . There are a range of apps focusing on your mental health and wellbeing . You can regularly check in with yourself by setting reminders in your phone (you can even set reminders within the apps)

DAYLIO APP

This is a great app to keep track of your mood and everything you have been up to. Pick your mood and add activities you have been doing during the day. You can also add notes and keep a diary .

2 FEELING GOOD: POSITIVE MINDSET APP

Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.

3 THINKNINJA APP

ThinkNinja is an app specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well. ThinkNinja has specific COVID-19 content including fears relating to the virus, health worries and isolation struggles .

4 CALM APP

Develop a daily meditation practice. Discover daily meditations, meditation series on stress & anxiety, and more!

5 HEADSPACE APP

Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. We'll teach you the life-changing skills of meditation and mindfulness in just a few minutes a day.



6 CATCH IT APP

Learn how to manage feelings like anxiety and low mood with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

7 MINDFULNESS VIDEOS

Go onto youtube and search for mindfulness videos. There is a huge range for mindfulness and meditation. Type in 'mindfulness for beginners' and give it a go!

8 YOUTUBE

Now would be the perfect time to youtube videos such as yoga , 15 minute exercise sessions, learn how to use watercolours. The list is endless!

We would like to thank the young people, parents, NHS practitioners, teachers and members of the local authority who have provided us with valuable feedback, suggestions and additional resources to include in our booklets.



 **Hounslow**


West London
NHS Trust

**Promoting hope
and wellbeing
together**