

Help and support

1. Websites

<https://youngminds.org.uk/blog/> - Specific tips for managing mental health around covid-19 (also specific sections for OCD, Eating Disorders, Anxiety)

<https://www.childline.org.uk/toolbox/calm-zone/> - Lots of calming activities and tools

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19> - For teenagers

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapsed9834> - Aimed at adults, but might be good for sixth formers - scroll to section on 'Taking care of your mental health and wellbeing'

<https://diverseinds.co.uk/five-ways-to-wellbeing-during-coronavirus/> - Again aimed at adults but may be helpful for older pupils

2. Helplines:

Shout provides free, confidential support, 24/7 via text for anyone at crisis anytime, anywhere. <https://www.crisistextline.uk/>

You can:

*text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer

*text with someone who is trained and will provide active listening and collaborative problem-solving

ChildLine provides a confidential telephone counselling service for any child with a problem. It comforts, advises and protects. <https://www.childline.org.uk/>

You can:

*call 0800 1111 any time for free

*have an online chat with a counsellor

*check out the message boards

The Mix provides a free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem. <https://www.themix.org.uk/>

You can:

*call 0808 808 4994 for free - lines are open from 11am to 11pm every day

*access the online community

*email The Mix

3. For parents:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>