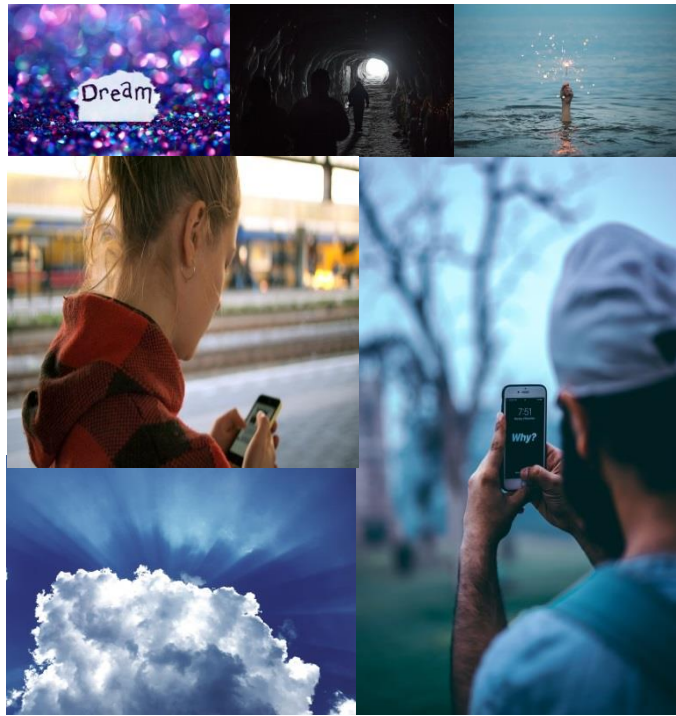


HAVERING CAMHS COVID-19 USEFUL RESOURCES FOR CHILDREN, YOUNG PEOPLE, FAMILIES AND TEACHERS



‘Acknowledgement to the Redbridge CAMHS service for initial development of this resource’



Kooth: a safe, free, and anonymous online support service for young people

- Open from Monday-Friday 12pm-10pm and Saturday-Sunday 6pm-10pm
- Must make an account to access the website but the username can be anonymous
- Kooth offering virtual wellbeing sessions around managing stress (e.g. transition stress) and anxiety
- Link: <https://www.kooth.com>
- Kooth are running a “Don’t Do It Alone” campaign, designed to encourage open conversations around mental health so children and young people know they are not alone with their struggles. Overview of campaign [explore.kooth.com/dontdoitalone](https://www.kooth.com/dontdoitalone)

childline

Childline: A charity for children and young people under 19 years old

- Free, private, and confidential service where you can talk about anything
- Talk over the phone with trained counsellors. Mon-Sun, from 9am-10.30pm
- Calls also free on 0800 1111 from 10.30pm-3.30am (counsellor not available)
- Link for Coronavirus advice and resources: <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>
- Link to activities and tools when feeling anxious, scared or sad: <https://www.childline.org.uk/toolbox/calm-zone/>
- Website: <https://www.childline.org.uk/>



- **National Public Radio:** A Comic Kid’s Guide To Coping With The Pandemic: an easy guide with tips and advice on how kids can deal with Covid-19 related worries
- It can also be played acoustically via the audio tab at the top of the page
- It can be printed as well:
<https://www.npr.org/sections/goatsandsoda/2020/11/17/933920696/comic-a-kids-guide-to-coping-with-the-pandemic-and-a-printable-zine>



BBC:

- “Coronavirus and lockdowns – what is the latest” with information on education, vaccinations and current guidelines: <https://www.bbc.co.uk/newsround/54086737#284646>
- “Coronavirus: how to support your wellbeing at the moment” - tips on looking after your mental health & wellbeing: <https://www.bbc.co.uk/newsround/51896156>

YOUNGMINDS

YoungMinds:

- “Coronavirus and mental health” gives you guidance on where you can get support for mental well-being during the pandemic, with useful links to websites, blogs, articles etc: <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>
- “How we’re managing our mental health in the third national lockdown” has tips from people on how they’re coping through the lockdown: <https://youngminds.org.uk/blog/how-we-re-managing-our-mental-health-in-the-third-national-lockdown/>

ACTION FOR HAPPINESS

Action for happiness:

- Friendly February has 28 suggested actions to show acts of kindness to others and how to be a better friend during the global crisis: <https://www.actionforhappiness.org/february>



Mind:

- Contains a page on Coronavirus and wellbeing: <https://www.mind.org.uk/information-support/coronavirus/>



Moving Medicine:

- Tips for recovering from Covid-19: <https://movingmedicine.ac.uk/wp-content/uploads/sites/5/2021/01/MM-Covid-Recovery-Tips-Leaflet.pdf>



Gov.UK:

- Guidance on national lockdown and staying at home: <https://www.gov.uk/guidance/national-lockdown-stay-at-home>



Beat Eating Disorders:

- Guidance on dealing with issues/concerns in regard to Coronavirus and eating disorders: <https://www.beateatingdisorders.org.uk/coronavirus>
- Guidance when caring for someone with an eating disorder: <https://www.beateatingdisorders.org.uk/coronavirus/supporting-someone>



The Mix:

- Coronavirus support hub with lots of information and resources to help you cope with coronavirus and the impacts it has on you: <https://www.themix.org.uk/coronavirus-support>
- Information on sleep hygiene and tips during the pandemic: <https://www.themix.org.uk/coronavirus-and-mental-health/ambassador-voices-mental-health-and-sleep-38133.html>

The Children's Society:

- Mental health and wellbeing resources:
<https://www.childrensociety.org.uk/information/young-people/well-being>



Every Mind Matters:

- Information on the website can help you spot the signs of common mental health conditions, get personalised practical self-care tips and information on further support.
- Advice on coping at home and looking after your mental wellbeing:
<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>
- 10 tips if you are worried about Coronavirus: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>



Change 4 Life:

- Indoor activities for kids: <https://www.nhs.uk/change4life/activities/indoor-activities>



Grief Encounter:

- Guide for young adults encountering grief: <https://www.griefencounter.org.uk/grief-guide/a-guide-for-young-adults-encountering-grief/>



LGBTQ+ group

- The newly-relaunched LGBTQ+ group is able to continue during lockdown. Due to coronavirus restrictions and guidance from the government and the National Youth Agency, this group will be referral only and a place will need to be booked prior to the young person's first session
- For more information and to book a place, please contact: Annie Edwards at: Anais.Edwards@havering.gov.uk



Five Ways to Wellbeing

- Running in small groups of 8-10 young people aged 13-16, currently being delivered virtually
- Aims to provide young people with taster workshops on ways to improve emotional wellbeing Email Melinda Yems at: Melinda.Yems@havering.gov.uk for more information



Young Persons Mentor Service

- Mentor Service is a support service that is accessible to children and young people aged 10-18 years, encouraging them to focus on making positive choices and reaching their potential
- Email rachel.tapp@havering.gov.uk or ask family/school/other agencies to do this for you at www.havering.gov.uk/supportingyoungpeople

TEA & TALK

Tea and Talk

- Havering Youth Services are offering a free 'triage' style service called Tea and Talk
- They are able to offer 1:1 support to young people in need, either in a face-to-face capacity, or over the phone, with a view to signposting them to another service or youth work offer
- Young people can book themselves in or can be referred by another professional. Bookings can be made by contacting My Place Youth Centre at myplace@haverling.gov.uk or 01708 376004



Youth Services Sign-up Sheet

- You can view and sign up to various activities and programmes offered by Havering Youth Services by completing this form:
<https://forms.office.com/Pages/ResponsePage.aspx?id=4Wk2NRiX-Eab7ZWvyHdsiiPwKK3lobhEknEnNjEdT91UQ1Q3VTJJS0IEN05FM0wwVFFYM1IFMkJNOC4u>



Anna Freud Centre:

- Contains a list of strategies young people can use to take care of their own mental health: <https://www.annafreud.org/coronavirus-support/support-for-young-people/>
- Self-care tips: <https://www.annafreud.org/on-my-mind/self-care/>

On My Mind:

- This section of the Anna Freud website aims to empower young people to make informed choices about their mental health and wellbeing:
<https://www.annafreud.org/on-my-mind/>
- It includes the Youth Wellbeing Directory, where you can find free mental health support local to you, and sections on SHOUT crisis service, self-care ideas for when you're self-isolating, loss and bereavement support, a list of urgent support offers and much more

USEFUL GUIDES



Online guide “Worried about Coronavirus?” – A booklet for young people

- Link: <https://stem4.org.uk/wp-content/uploads/2020/05/Stem4-Covid-Booklet-WEB-2.pdf>



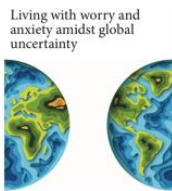
Online guide “Feeling Anxious?” – Tips on how to manage anxiety during Covid-19

- Link: <https://static1.squarespace.com/static/5d5ab9591f704e0001ea3725/t/5e849b84729f0600fcb70cf/1585748870548/Feeling+Anxious+flyer.pdf>



How to NOT go to school - Downloadable story to help children come to terms with school shutdown

- Link: <https://parsleymimblewood.files.wordpress.com/2020/05/parsleymimblewoodsavetheworld.pdf>



Online guide for adolescents “Living with worry and anxiety amidst global uncertainty” - Includes a mixture of psychoeducation about normal and excessive worry, normalization, and a selection of practical exercises that anyone can use to manage worry and maintain wellbeing in these uncertain times.

- Link to English version: https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf
- Link to versions in other languages (Russian, Spanish, Swedish): <https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>



The Scared Gang
Have to Stay at Home

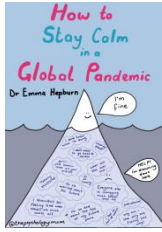
Online story for children “The scared gang have to stay at home”- Story is for young children to inform them about COVID-19 and how to stay safe, healthy and happy.

- Link: <https://www.sensoryattachmentintervention.com/the-scared-gang-are-asked-to-tell>



Guide for students “Coping with exam pressure”- Provides useful information about how stress can affect our body and tips on how to manage this in a helpful way.

- Link: https://www.healthyyoungmindsinherts.org.uk/sites/default/files/content/Student_guide%20%282%29.pdf

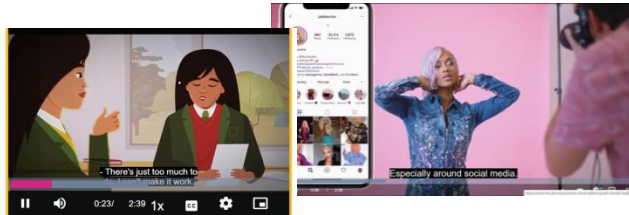


How to Stay Calm in a Global Pandemic – A free eBook by Dr Emma Hepburn

- This can be sent out to children, young people, parents and carers
- It can be downloaded here: <https://www.lancashireyouthchallenge.co.uk/how-to-stay-calm-in-a-global-pandemic/>

USEFUL VIDEOS

- **Every Mind Matters** – Self care & social media: Tips on how to avoid getting stressed from social media
- How to deal with unhelpful thoughts, find out how to step outside yourself and stay on top of your feelings:
- <https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>



- **Healthy Minds Lincolnshire:** Top 10 tips for children and young people to manage worries and being off school:
https://www.youtube.com/watch?v=luJfLghYZbE&feature=emb_title



- **BBC Bitesize Videos:** Tips on coping with fear of losing a loved one:
<https://www.bbc.co.uk/bitesize/articles/zhphhbk>



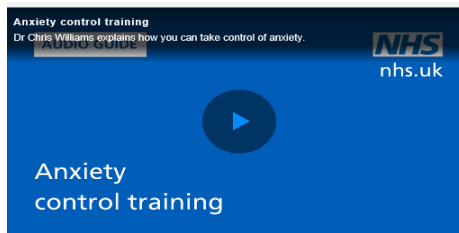
- **Audio “Mindfulness 10 minute practice exercise”:** by mindfulness expert, Professor Mark Williams, it features a series of breathing and visualisation techniques
<https://www.mentalhealth.org.uk/podcasts-and-videos/mindfulness-10-minute-practice-exercise>



- **NHS Lincolnshire Creative CAMHS (lockdown edition) - Tissue Paper Flowers:** Tutorials on how to stay creative and occupy ourselves during COVID-19
https://www.youtube.com/watch?app=desktop&list=PLW9DMsXudAdMQIkonUGIb28wp0jTRnIm0&v=YX5iehqVc94&feature=emb_title



- **Audio – NHS Mental wellbeing audio guides:** Series of mental wellbeing audio guides to help you boost your mood
<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>



RESOURCES FOR PARENTS/CARERS



Havering coronavirus helpline:

- If you, or someone you know, have concerns around care, urgent issues around health and wellbeing or lack of access to supplies including food and medicine please call the free to use helpline: 0800 368 5201
- Open Monday to Friday 9am to 5pm. Saturday, Sunday and bank holidays 11am to 4pm for emergencies only
- Email: covid19support@haverling.gov.uk. Link: <https://www.haverling.gov.uk/covid19>
- If you need support during these uncertain times and would like to talk to a friendly voice at the end of the phone you can also contact Havering Volunteer Centre on **01708 922214**
- To get involved and support your community through volunteering please contact volunteering@haverlingvc.org.uk or call **01708 922214** and they will deal with the rest



Gov.uk: Supporting vulnerable families who are struggling

- If you have a medical condition which makes you extremely vulnerable to COVID-19, register and tell us whether or not you need support: <https://www.gov.uk/coronavirus-shielding-support>



NELFT Talking Therapies: COVID-19 Emotional Support Resources

- Resources and tips to maintain your emotional wellbeing: <https://www.talkingtherapies.nelft.nhs.uk/covid-19-community-emotional-support-programme/>
- FACE COVID – strategy to help manage difficult thoughts and feelings as a result of self-isolation, lockdown and uncertainty in a crisis: <https://www.youtube.com/watch?v=BmvNCdpHUYM&feature=youtu.be>



National Health Service: Specific resources for parents to support their children during this time

- 'How to teach your children how hand washing helps prevent Coronavirus and other infectious diseases spreading' Link: <https://www.youtube.com/watch?v=2eqhw6yZk-c>
- 'Supporting neuro-diverse children in challenging times such as during self-isolation' <https://www.youtube.com/watch?v=dXPtqmHKNoE&feature=youtu>.



Havering IAPT (Improving Access to Talking Therapies): free NHS therapy service for anyone over 18 with a registered GP in Havering

- If you are experiencing difficulties, you can self-refer, Monday-Friday 9-5pm, **0300 300 1554**—option 2 or by completing a referral form: <https://www.iaptportal.co.uk/nelhav.html>
- For more information, please visit: www.talkingtherapies.nelft.nhs.uk



Family Lives: Support to cope practically and emotionally during the COVID-19 outbreak

- Their page includes tips for managing anxieties and worries, managing change for children with SEN or a disability, planning a child's day, working from home and managing conflict: <https://www.familylives.org.uk/advice/your-family/family-life/coping-practically-and-emotionally-during-the-covid-19-outbreak/>
- It is a very difficult time and if you are in need of support or advice, please call us on **0808 800 2222** or email us at askus@familylives.org.uk



Young Minds: Talking to your child about coronavirus

- Tips, advice and where to get support for your child's mental health during the coronavirus (COVID-19) pandemic: <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>
- 10 tips from their parent's helpline: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
- Parent helpline: **0808 802 5544**

Havering Mind: Mental health charity dedicated to mental health awareness

- <https://www.haveringmind.org.uk/>
- In response to Covid-19, Havering Mind is offering Crisis Counselling and Bereavement Support Service to residents (over 18) in Havering:
<https://www.haveringmind.org.uk/services/crisis-counselling-and-bereavement-service/>. Email at help@haveringmind.org.uk or call on **01708 457040**
- They also have a Gateway Telephone Service which is the first point of contact for anyone seeking support for their own or someone else's mental health. The Service is available on **01708 457040** Monday to Friday 9am – 7pm and Saturday and Sunday 10am – 3pm. For more information, visit <https://www.haveringmind.org.uk/services/gateway-telephone-service/>
- Black Lives Matter mental health support resources:
<https://www.haveringmind.org.uk/wp-content/uploads/2020/06/BlackLivesMatter-information-and-support.pdf>



Havering Children's Centres: Havering children's centres are offering online parenting offers to support during this time

- Providing lots of online programmes and workshops during this time:
<https://familyserviceshub.havering.gov.uk/kb5/havering/directory/family.page?familychannel=8>



Add Up: A local support and action group, for Havering, Barking & Dagenham and surrounding areas. Addup was set up to bring families together, to guide parents in the right direction to find the practical help they need for their children and to promote both public and professional awareness of ADHD: <https://www.addup.co.uk/>

- For urgent support: The Addup mobile will be available Monday to Friday from 10am to 4pm – **07495 573836**
- Keep an eye on their Diary Dates (during the pandemic all dates are subject to change):
<https://www.addup.co.uk/diary-dates/>



Follow us on Twitter: @sycamoretrustuk
Find us on Facebook: @sycamoretrustuk
Look us up on LinkedIn: sycamore-trust-uk
Check us out on Instagram: sycamoretrustuk

Sycamore Trust: Supporting the needs of individuals and families/carers for whom Autistic Spectrum Disorders and/or Learning Difficulties are a part of daily life:

<http://www.sycamoretrust.org.uk/>

- Virtual Parent/Carer Coffee Morning (for parents/carers of someone with Autism):
<http://www.sycamoretrust.org.uk/latest/article/Parent-Support-Group-returns>
- They have created a couple of tools to help plan and review the day during this unsettling time: <http://www.sycamoretrust.org.uk/latest/article/Help-to-plan-and-review-your-day>
- Online community forum: <http://www.autismhub.org.uk/forum/>



RAGS: Provide help and support for families who have a child / children with an Autism Spectrum Disorder: <https://www.rags-havering.org.uk/>

- For more information, please email: info@rags-havering.org.uk



Positive Parents - Havering

- Support for individuals with a child or adult with special needs with range of activities
- Office is now closed until further notice in line with Government guidance but you can still contact Positive Parents via their mobile, email, Facebook group or page and the Moan Phone
- Monthly newsletter
- Telephone: **07858 406933**, email: info@positiveparentshavering.org.uk website: www.positiveparentshavering.org.uk

solace

Solace: Havering Women's Aid, supporting victims of domestic abuse. Support is available to people aged 16+ who are residents of Havering. Support includes safety planning with agreed outcomes, specialist information and advice, access to their one-to-one counselling, and group courses such as the Freedom Programme: <https://haveringwomensaid.co.uk/>

- Information about the current COVID-19 situation and changes to some of their services can be found here: <https://www.solacewomensaid.org/news/covid-19-notification-service-users>
- New COVID-19 related resources: <https://www.solacewomensaid.org/get-informed/professional-resourcesnew-resources>
- Helpline: **01708 728759**



HBBS counselling: Offer professional and confidential counselling service to local adults, young people and children. Counselling relating to bereavement as well as generic counselling for a wide range of other issues

- Fully trained counsellors are working remotely and are still able to offer counselling either via video link or over the telephone
- Office opening hours have temporarily had to change – opening hours are Monday to Friday 9am to 2pm but you can also contact them by email at enquiries@hbbscounselling.org and they will respond to you as quickly as possible
- Telephone: **01277 283199**; Website: <https://www.hbbscounselling.org/>



Special Needs
And Parents

SNAP: The SNAP Centre is currently closed but their helpline and wide range of remote services and activities for parents, children and young people continue as normal as they try to ensure families have the help they need during this difficult time.

- For more information call SNAP on **01277 211300** - Monday to Friday between 9.00am and 5.00pm or email familyteam@snapcharity.org
- They have produced a Coronavirus Family Guide to help you to navigate these challenges times: <https://www.snapcharity.org/coronavirus-family-guide/>
- Spring 2021 Newsletter: https://www.snapcharity.org/wp-content/uploads/2021/01/SNAPMatters_Spring2021_FINAL.pdf
- Website: <https://www.snapcharity.org/>

Parent Zone: Support with articles and resources

- Lockdown advice and resources: <https://parentzone.org.uk/lockdown-advice-and-resources>
- Website: <https://www.parents.parentzone.org.uk/>



The British Psychological Association: Interesting articles for parents/carers

- Coronavirus resources for the public: <https://www.bps.org.uk/coronavirus-resources/public>
- “Talking to children about Coronavirus”
<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf>



BBC: Useful articles to help parents support their children at this time

- “Coronavirus: How to help kids cope with life without school”:
<https://www.bbc.co.uk/news/uk-politics-51959957>
- “Coronavirus: Keep it simple, stick to facts-how parents should tell kids” <https://www.bbc.co.uk/news/uk-51734855>



BBC Own It – Keyboard and Diary:

- Can be downloaded from your Apple or Google Play app store
- Supporting young people in today’s changing digital environment
- Making smarter and better-informed choices and helping them grow into confident, positive and happy digital citizens
- Builds up a picture of your child’s digital wellbeing and to help your child understand the impact that their online behaviours can have on themselves, and on others

Coronavirus: Keep it simple, stick to facts - how parents should tell kids

By Justin Parkinson
BBC News
© 5 March 2020



Coronavirus: How to help kids cope with life without school

By Justin Parkinson
BBC News
© 20 March 2020



University of Reading and University of Oxford:

- Pulled together advice and resources and some of their favourite links into one place on how to help your children manage during this difficult time: https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf



Emerging Minds: Evidence-based advice for anyone supporting children and young people with their worries: <https://emergingminds.org.uk/>

- Evidence-based resource for parents/carers supporting children and young with worries about COVID-19: https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf and advice for parents/carers supporting 2-4 year olds https://emergingminds.org.uk/wp-content/uploads/2020/05/COVID19_advice-for-parents-and-carers_preschool_v1.pdf
- They have collated links from trusted sources that are grouped by age categories to help you find age-appropriate information for your child: <https://emergingminds.org.uk/recommended-resources-supporting-children-and-young-people-with-worries-and-anxiety-links/>
- A podcast is also available, discussing what research tells us about how we can best support children and young people with their worries about COVID-19: <https://emergingminds.org.uk/podcast-how-can-we-best-support-children-and-young-people-with-their-worries-and-anxiety/>



Children's Commissioner:

- They have put together highlights of their work listening to children and championing their rights during the coronavirus crisis: <https://www.childrenscommissioner.gov.uk/coronavirus/>

Anna Freud Centre:

- Advice for parents and carers on what to do to support young people’s mental health in a period of disruption, including general information and videos:
<https://www.annafreud.org/>
- Coronavirus support: <https://www.annafreud.org/coronavirus-support/>
- Coronavirus toolkits: <https://www.annafreud.org/insights/news/2020/05/mentally-healthy-schools-coronavirus-toolkits/>

On My Mind – Anna Freud Centre

- This section of the Anna Freud website aims to empower young people to make informed choices about their mental health and wellbeing:
<https://www.annafreud.org/on-my-mind/>
- There are also sections on their website outlining help available for parents/carers:
<https://www.annafreud.org/mental-health-professionals/our-help-for-children-and-families/looking-for-help-parents-and-carers/>



Child Mind Institute: website dedicated to child mental health and awareness

- Lots of resources for parents/carers for supporting families during COVID-19:
<https://childmind.org/coping-%20during-covid-19-resources-for-parents/>
- Webpage for “Talking to kids about the coronavirus”
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- Child Mind Institute “How to talk to kids about Coronavirus” YouTube video
<https://www.youtube.com/watch?v=WhVad8ToCiU>



Facebook support group: Family Lockdown tips and idea

- This group has been set up to provide support, tips and ideas if you are at home with your family in light of the Coronavirus. They post ideas and suggestions for indoor and garden activities that you can do with your children:
<https://www.facebook.com/groups/871176893326326/>
- It is a private group that you need to join

The Royal College of Occupational Therapists:

- Created advice to support people who are undertaking social distancing and for families to support their children while schools are closed
- <https://www.rcot.co.uk/staying-well-when-social-distancing>



Aha! Parenting:

- Lots of articles with tips on how to cope during the pandemic:
<https://www.ahaparenting.com/Default.aspx?SiteSearchID=1960&PageID=1696425&OT=6,7,43,26,48>



Go Zen:

- Provides 4 expert videos on how to “help kids manage anxiety around the Coronavirus”
- <https://gozen.com/coronavirus-anxiety/>



UNC Frank Porter Graham Child Development Institute Autism Team: Supporting Individuals with Autism through uncertain times

- Provides a toolkit on supporting individuals with Autism during this challenging period:
<https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>



CAMHS Podcast:

- Child clinical psychologists talk about Coronavirus and helping children with Autism
- Episode 4 of their series 'Autism a parent's guide' FYI includes useful advice, links and two social stories for parents: <https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/>



Home Start: Here to support families during the Coronavirus outbreak

- Useful information on how to manage life during the outbreak: <https://www.home-start.org.uk/Pages/Category/support-for-families-during-covid-19>

Having Adult College

Having Adult College:

- Family Learning courses available (currently online)
- <https://havingadultcollege.co.uk/product-category/family-learning/>



Empowering Parents Empowering Communities (EPEC)

- Provide free courses for parents of children aged 2-11 (Being a Parent) and aged 11-16 (Living with Teenagers) to support parents to bring up happy, self-confident children
- Currently support is online due to COVID-19. For more information please visit <https://familyserviceshub.having.gov.uk/kb5/having/directory/advice.page?id=79AdZNIJY8> or call **01708 431024**



YGAM

- Provide the tools and information to build digital resilience, educate and safeguard young people against problematic gambling and gaming
- They have a parent's hub which aims to inform parents/carers of ways to build their children's resilience online and offline and educates parents/carers around gaming and gambling through the provision of resource
- For more information telephone **0203 837 4963**, email amanda@ygam.org or visit www.ygam.org/



HBBS (The Havering & Brentwood Bereavement Service)

- Offers professional counselling to adults and children suffering from bereavement or loss as well as training and support for teachers and other professionals
- They also offer specialist dementia carers' counselling service and trauma counselling service
- Their office opening hours have temporarily had to change to Monday to Friday 9am to 2pm
- For more information telephone **01277 283199**, email enquiries@hbbscounselling.org or visit <https://www.hbbscounselling.org/>



Lifeline Projects – 'Champions Support Network'

- The Champions Support Network is for parents & carers of young people aged 11-24
- Raising and caring for a young person is really challenging and this programme allows you to get support from a friendly local
- To take part, please email referrals@lifelineprojects.co.uk

RESOURCES FOR TEACHERS AND SCHOOLS



Anna Freud Centre:

- Contains a section for how school's and colleges can support the wellbeing and mental health of children and young people during this period of disruption
- They have compiled a range of guidance and advice to help those working in a school or college setting: <https://www.annafreud.org/coronavirus-support/support-for-schools-and-colleges/>



Education Support Partnership: Dedicated to supporting the mental health and wellbeing of education staff. Their support services are still available during this crisis:

- They have produced mental health resources for teachers, lecturers and support staff dealing with the COVID-19 crisis, focusing on the topics which have been highlighted as especially difficult: <https://www.educationsupport.org.uk/coronavirus-support>
- No matter what you're feeling, their free, confidential helpline is available 24/7 with trained counsellors there to listen to you without judgement and help you find a way forward: UK-wide: **08000 562 561** day or night; text: **07909 341229** (answered within 24 hours)
- Website: <https://www.educationsupport.org.uk/>



The Department of Education: Responsible for children's services and education

- Information about what school leaders, teachers and school staff need to do during the COVID-19 outbreak: <https://www.gov.uk/government/collections/guidance-for-schools-coronavirus-covid-19>
- Guidance for the public on mental health and wellbeing: <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>



ELSA Support:

- Includes a dedicated section for Coronavirus support, providing lots of free resources for teaching staff and parents/carers to help children cope with the current viral outbreak: <https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/>

AUTISM SOCIETY

The Autism Society:

- Resources, advice and guidance for schools and education staff to help young people living with Autism cope with the challenges they are currently facing: <https://www.autism-society.org/covid-education/>
- Includes a downloadable toolkit with strategies to successfully transition to the 'New Normal': <https://www.autism-society.org/news/download-toolkit-strategies-to-successfully-transition-to-the-new-normal/>



Place2Be: Working hard to ensure they can support as many children, young people and families as possible during this unsettling time

- Place2Be has put together a series of resources to help head teachers and school staff to bring their schools back together following these challenging times, including assembly ideas and group activities: <https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/return-to-school-resources>
- They have also put together coronavirus wellbeing activity ideas for schools: <https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/coronavirus-wellbeing-activity-ideas-for-schools/>
- Other resources can be found here: <https://www.place2be.org.uk/coronavirus>



Mentally healthy schools: Supporting school staff during these uncertain times

- They have created a set of practical resources to help children, school staff and parents adapt to changes brought on by the coronavirus pandemic. The resources are designed to be social distancing-friendly, and many can be adapted to be delivered remotely in the case of school closures. There are assembly and lesson plans for teachers, advice and guidance for parents, and simple activities for children to complete in class or at home: <https://www.mentallyhealthyschools.org.uk/risks-and-protective-factors/coronavirus-supporting-childrens-mental-health/>



HES: Will be sending regular updates with the latest information on Coronavirus to help protect yourself and others

- Access all of the latest COVID-19 advice, information and resources for your setting from Havering Education Services <http://www.hes.org.uk/Page/16925>
- To sign up to receive updates, email support@hes.org.uk

IN CASE OF EMERGENCIES



Outside CAMHS hours you have the **24-hour crisis line, Mental Health Direct**

- Manned evenings, overnight, weekends and bank holidays, mental health nurses are available who can access our notes to provide the best advice and support at these times: **0300 555 1000**
- If you are in a **life-threatening emergency, a very risky/dangerous situation or are unable to keep yourself or others safe**, you may still need to attend **A&E** or call an **ambulance** and/or the **Police** on: **999**

Other out of hour support services you can contact when feeling anxious, low or in crisis are:

SAMARITANS

The Samaritans

- Whatever you're going through, a Samaritan will face it with you. They're there for you 24 hours a day, 365 days a year. Volunteers are available 24/7 on the Freephone number **116 123** and via email at jo@samaritans.org (response time 24 hours)
- You can also write them a letter if you'd prefer: <https://www.samaritans.org/how-we-can-help/contact-samaritan/write-letter/>
- **Samaritans Self-Help App** - keep track of how you're feeling, and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis
- They have also provided some useful information on how to support your mental health during this uncertain time: <https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-pandemic/>

childline

Childline: Coronavirus has had a big impact on school and young people's lives. Childline are here to support you and help you find ways to cope

- They're working a little differently because of coronavirus. You can still start a 1-2-1 chat with them from 9am - 10:30pm. Or you can call **0800 1111** for free from 9am - 3:30am.
- For now, you won't be able to speak to a counsellor from 3.30am-9am. But you can still send an email to them using your Childline account, and they will usually reply within a day
- They have also put together a COVID-19 information and advice page: <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>



Shout

- The UK's first 24/7 texting service, free on all major mobile networks, for anyone in crisis any time, anywhere
- It's a place to go if you're struggling to cope and you need immediate help
- Text: **85258**



PAPYRUS: Prevention of Young Suicide

- 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
- Call: **0800 068 4141**; Text: **07860039967**; Email: **pat@papyrus-uk.org**
- Opening hours: 9am – midnight every day of the year (Weekends and Bank Holidays included)
- Website: <https://www.papyrus-uk.org/>



CALM: Campaign Against Living Miserably

- Provides listening services, information and support for anyone who needs to talk, including a web chat
- Their helpline is open from 5pm to midnight every day of the year: **0800 58 58 58**. It is for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support
- For more information: <https://www.thecalmzone.net/help/helpline/>
- Their webchat is also open from 5pm to midnight every day of the year
- For more info about their webchat service: <https://www.thecalmzone.net/help/webchat/>
- Website: <https://www.thecalmzone.net/>