

Covid 19 – where to get help

Some helpful websites and resources

Below are some websites and resources that may be helpful at this time.

Looking after your own mental health and wellbeing

Care and Learning Alliance

<https://www.careandlearningalliance.co.uk/wp-content/uploads/2020/05/HCPP-Mental-Health-and-Wellbeing-Resource.pdf>

Living Life to the Full

Free online courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more. The courses are free for individuals using them in their own lives

<https://lltff.com/>

<https://lltff.com/wp-content/uploads/LLTFF-Coronavirus-for-adults-at-home.pdf>

Healthier Scotland

Things you can do to clear your head, updated in relation to the Coronavirus

<https://clearyourhead.scot/>

Action for Happiness

<https://10daysofhappiness.org/>

Psychology Tools

Living with worry and anxiety amidst global uncertainty – available in a number of languages

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

World Health Organisation

Coping with stress during the coronavirus outbreak

https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2

Samaritans

Launched a new self help app. It offers things like a mood tracker, techniques for problem solving, accept or change activities for worries/situations and challenging negative beliefs. It has relaxation

techniques for body and mind as well as many other activities for distractions too. Also, crucially offering a "safety plan" designed specifically *for* the service user, *by* the service user.

It can be accessed at <https://selfhelp.samaritans.org/accounts/login/?next=/> and from there you can download the app. The Samaritans number is also easily accessible on the app.

Samaritans helpline is available 24/7 on 116 123 and a call to this number does not show up on phone bills.

Bereavement

Tragic Event Guidance for schools and Tragic Event Guidance for Schools Covid 19 supplement provides relevant information

Much Loved

Creates an online tribute to remember and celebrate someone special and an option to fundraise in their memory

<https://www.muchloved.com/>

Highland Hospice

<https://highlandhospice.org/what-we-do/family-and-bereavement-support/bereavement-support>

Supporting children and young people's mental health and wellbeing

Tragic Event Guidance for schools and Tragic Event Guidance for Schools Covid 19 supplement provides relevant information

Anna Freud National Centre for Children and Families – Supporting young people's mental health during periods of disruption

<https://www.annafreud.org/coronavirus-support/coronavirus/>

Parent Club

<https://www.parentclub.scot/topics/coronavirus>

World Health Organisation –

Helping children cope with stress

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

YoungMinds

Young Minds run a free, confidential parents' helpline, which parents / carers can call if they are worried about how a child or young person is feeling or behaving. They also run a group called Parents Say, for parents whose children are accessing Child and Adolescent Mental Health.

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

<https://youngminds.org.uk/find-help/>.

Emerging Minds

Resource for parent/carers available in a number of languages

<https://emergingminds.org.uk/advice-for-parents-carers-supporting-children-young-people-with-worries-about-covid-19/>

UNICEF

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

Booklets

My name is Coronavirus - Booklet to support and reassure children

https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_0a595408de2e4bfcfbf1539dcf6ba4b89.pdf

Anna Freud

<https://www.annafreud.org/media/11441/good-days-in-unusual-times-book.pdf>

Websites for children and young people

BBC Own It

<https://www.bbc.com/ownit/curations/lockdown-lowdown>

CBBC Newsround

<https://www.bbc.co.uk/newsround#more-stories-2>

Childline Scotland

Free, confidential telephone helpline (0800 11 11) and online support for children and young people available 24 hours

www.childline.org.uk

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Young Scot -

Topics include: Looking after your mental wellbeing, Answers to common coronavirus questions, Relaxation exercises and advice for Young Carers
<https://young.scot/campaigns/national/coronavirus>

YoungMinds

Topics include: What to do if you're anxious about coronavirus and Tips for coping with OCD during the coronavirus pandemic. Free 24/7 crisis support across the UK, aiming to connect every text to a trained volunteer in less than 5 minutes to provide support via text in a crisis . oung Minds crisis messenger TEXT YM to 85258

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Papyrus

Work towards the prevention of young suicide. Provides free confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through helpline, HOPELINEUK, Telephone 0800 068 41 41

<https://papyrus-uk.org/>

<https://papyrus-uk.org/covid-19-and-autism/> (tips for those with autism)

<https://papyrus-uk.org/practising-self-care-during-times-of-uncertainty/>
