

## NSPCC: Helplines

Help for adults concerned about a child **Call us on 0808 800 5000**

Help for children and young people **Call Childline on 0800 1111**



Parents will have access to support@[worcschildrenfirst.org.uk](mailto:worcschildrenfirst.org.uk) – this ensures they have an additional point of contact for their queries, which will be staffed by a WCF team.

Mental Health Guidance for parents and carers on supporting children and young people’s mental health and wellbeing during the coronavirus (COVID-19) outbreak.

This advice is to help adults with caring responsibilities look after the mental health and wellbeing of children or young people, including those with additional needs and disabilities, during the coronavirus (COVID-19) outbreak: <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>

## On – line Safety at Home

There are many organisations providing detailed information on a range of topics in this area such as talking to your child about online safety, the risks of online games, livestreaming and parental controls.

<https://www.nspcc.org.uk> - It can be hard to know how to talk to your child about online safety. From setting up parental controls to advice on sexting, online games and video apps, we can help you to understand the risks and keep your child safe.

<https://www.saferinternet.org.uk> - You don’t need to be an expert on the internet to help your child stay safe online. Our advice and resources are here to support you as you support your child to use the internet safely, responsibly and positively.

**Top Tip:** It is never the child or teenagers fault if they encounter abuse online, it is the responsibility of the adult or other child who is acting irresponsibly or breaking the law.

<https://www.childline.org.uk> - Having a mobile phone and going online is great for lots of reasons. But it's important to be aware of the dangers too. Learn how to stay safe online.

<https://www.ceop.police.uk> - Are you worried about online sexual abuse or the way someone has been communicating with you online?

CEOP Think U Know Parent Support Package

CEOP: Think U Know Parents Home Activity Packs

<https://thinkuknow.us13.list-manage.com/track/click?u=2ae276529dabe14cecc1d261e&id=67887f8601&e=da210b29ba>

**World Health Organization**

## Coping with stress during the 2019-nCoV outbreak

It is normal to feel sad, stressed, confused or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.

Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or a local or state public health agency.

Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

# HOW TO MAINTAIN GOOD MENTAL WELLBEING DURING ISOLATION

WELLBEING IS ABOUT BEING ABLE TO EXPERIENCE GOOD HEALTH, HAPPINESS AND HIGH LIFE SATISFACTION, INCLUDING MANAGING YOUR STRESS. IT'S NOT ALWAYS EASY TO FIND THE RIGHT STRATEGIES TO ESTABLISH AND MAINTAIN YOUR WELLBEING. OFTEN THE MOST SUCCESSFUL METHODS ARE UNIQUE TO YOU AND ONES THAT CAN BE CONSISTENTLY APPLIED LIKE FOR INSTANCE, EVERY WEER.

### TOP TIPS FOR ALL

#### MINDSET & THOUGHTS

SOMETIMES WE CAN ONLY SEE THE PROBLEMS AND CHALLENGES - TRY TO TAKE A FEW MOMENTS EVERY DAY TO REFLECT. PERHAPS THROUGH WRITING IN A JOURNAL OR SPENDING FIVE MINUTES IN THE MORNING TO NOTICE SOMETHING WE CAN BE THANKFUL FOR AND FEEL POSITIVE ABOUT.

#### KEEP PHYSICALLY ACTIVE

STUDIES SHOW THAT THERE IS APPROXIMATELY A 20-30% LOWER RISK OF DEPRESSION FOR ADULTS PARTICIPATING IN DAILY PHYSICAL ACTIVITY. TRY TO GO FOR A WALK DURING THE WEEK OR JOIN A LOCAL COMMUNITY GROUP. MANY PEOPLE FIND THAT JUST THE CONNECTION WITH THE OUTDOORS HELPS TO 'RESET' THEIR MIND AND WELLBEING FOR THE DAY.

#### POSITIVE THOUGHTS

WHEN YOUR THOUGHTS ARE OVERWHELMINGLY NEGATIVE, WE CAN FIND IT HARD TO FIND HEADSPACE TO THINK POSITIVELY. TRY THIS... IMAGINE YOU ARE SAT ON TOP OF A HILL AND YOU ARE LOOKING DOWN AT A TRAIN TRACK BELOW WHERE TRAINS ARE COMING AND GOING. NOW IMAGINE THE TRAINS ARE YOUR THOUGHTS. WATCH THEM COME AND GO BUT DON'T GET ON THE TRAIN. JUST WATCH THE THOUGHTS COME AND GO IN YOUR MIND WITHOUT ACTUALLY FOLLOWING THE NEGATIVE ONES DOWN AN UNHELPFUL/NEGATIVE TRACK JUST WATCH IT PASS!

#### GOOD QUALITY SLEEP

IF YOUR MIND FEELS FULL UP OR YOUR EMOTIONS ARE OVERWHELMING, YOU WILL FIND IT HARD TO ENJOY A GOOD NIGHT'S SLEEP. THERE ARE LOTS OF FREE MEDITATION AND SOOTHING SOUND VIDEOS ON YOUTUBE (WAVES, RAIN, CALMING MUSIC) OR FIND A PODCAST WHICH IS FUNNY OR HUMOROUS. LISTEN TO YOUR THOUGHTS DOWN ON A PAD OR CREATE A 'TO DO' LIST. THEN PUT THE PAD OUT OF SIGHT UNTIL THE MORNING. DEEP BREATHING FOR AT LEAST 3 MINUTES CAN ALSO HELP. IN SLOWLY THROUGH YOUR NOSE AND OUT SLOWLY THROUGH YOUR MOUTH.

#### EAT WELL

A 2014 STUDY FOUND HIGH LEVELS OF WELLBEING WERE REPORTED BY INDIVIDUALS WHO ATE MORE FRUIT AND VEGETABLES. THE KEY TO BALANCING EATING WELL WITH BUSY FAMILY LIFE IS TO PLAN AHEAD. IF YOU CAN PLAN THE WEEKDAY MEALS AND BUY THE INGREDIENTS AHEAD OF TIME THIS REDUCES THE NUMBER OF 'LAST MINUTE' UNHEALTHY MEALS.

#### ACCEPTING HELP

WE MUST BE ABLE TO LEAN ON OTHERS WHEN NECESSARY. IT IS UNREASONABLE FOR US TO ASSUME WE WILL NEVER NEED HELP THROUGHOUT OUR LIFE. THIS MEANS ACCEPTING HELP WHICH MAY BE VOLUNTEERED OR ASKING WHEN THE NEED ARISES. THE HELP COULD BE THROUGH A FRIEND, RELATIVE OR SERVICE YOU TRUST, INCLUDING NATIONAL HELPLINES.

#### DOING GOOD DOES YOU GOOD

THERE IS A STRONG RELATIONSHIP BETWEEN WELLBEING AND COMPASSION. DOING GOOD CAN HELP LOWER STRESS LEVELS AND IMPROVE YOUR WELLBEING AND MENTAL HEALTH. HOWEVER, THIS CAN ALSO WORK THE OTHER WAY AND YOU SHOULD ALWAYS ENSURE THAT YOU ARE NOT HELPING OTHERS AT THE COST OF YOUR OWN WELLBEING.

#### STAYING CONNECTED

HIGHER RATES OF MENTAL HEALTH PROBLEMS, SUCH AS DEPRESSION AND ANXIETY, ARE ASSOCIATED WITH LONELINESS AND SOCIAL ISOLATION. OFTEN SOCIALIZING WITH OTHERS CAN FEEL LIKE A LOT OF EFFORT IN THE EVENING WHEN WE'RE TIRED. HOWEVER, HEALTHY RELATIONSHIPS AND CONNECTIONS TO OTHERS HAVE A SIGNIFICANT IMPACT ON MAINTAINING GOOD WELLBEING. USING VIDEO CALLS, LIVE STREAMING OR 'FACE TIMING' IS A GREAT WAY TO KEEP IN TOUCH WITH FRIENDS AND FAMILY IF YOU'RE FEELING ISOLATED. IF YOU PREFER CALLING, PICK UP THE PHONE FOR A CHAT. MAINTAINING GOOD RELATIONSHIPS HELPS TO SET A GOOD EXAMPLE FOR CHILDREN AS THEY NOTICE AND IMITATE THE BEHAVIOUR AND EMOTIONS OF THOSE AROUND THEM.

#### MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN-ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL - INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.

FOR FURTHER INFO, CHECK OUT THESE ONLINE RESOURCES:

- <https://www.nhs.uk>
- <https://www.mentalhealth.org.uk>
- <https://www.livestrong.org.uk>
- <https://www.mentalhealth.org.uk>

Web: [www.thenationalcollege.co.uk](http://www.thenationalcollege.co.uk) | Email: [enquiries@thenationalcollege.co.uk](mailto:enquiries@thenationalcollege.co.uk) | Facebook: [@thenationalcollege](https://www.facebook.com/thenationalcollege) | Twitter: [@thenationalcollege](https://twitter.com/thenationalcollege)

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## Coping with Self Isolation:

### Quick relaxation techniques

The Blackdog Institute is a world renowned research group who provide good quality advice for mental health issues. They have produced some simple advice sheets on a range of different subjects. This may be a useful one: [quick relaxation techniques](#).

They have also created some accessible, easy to follow guided meditation videos on their YouTube channel - just 10 minutes long but effective [Guided Meditation](#)



**Black Dog Institute**

### Mental Health Organisation

The @mentalhealth Foundation have created this great resource to help you with some practical steps to keep your mind healthy: <https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>



**Mental Health Foundation**



**every mind matters** **NHS**

### #EveryMindMatters

The NHS Campaign #EveryMindMatters has lots of information about how to protect your mental health.

Follow the campaign on social media [#everymindmatters](#)

And click the link to the [NHS website](#)

### Relationship Support

Many relationships are being and will be tested during this challenging time - Relate have online, telephone and self-help relationship advice

[#relationshipcounselling](#) [#mentalhealth](#) [#support](#)

Another organisation offering similar support is: <https://www.marriagecare.org.uk/>



relate

COVID-19: our advice and tips for healthy relationships

**STAY AT HOME** **PROTECT THE NHS** **save lives**

## Worcestershire County Council Here2Help Campaign

#Here2Help offers handy tips and support during this time of crisis. It's also a place where you can offer help to others by providing goods, services or support, or request help if you need it. For more information visit [www.worcestershire.gov.uk/here2help](http://www.worcestershire.gov.uk/here2help).

### WHP Link Worker Support (Details in Parental Support On Website)

Lucy Plowright : 07824 512983

### Spiritual Support (See also in Class Pages area on website)

[www.kenelmyouthtrust.org.uk/news/surviving-self-isolation#](http://www.kenelmyouthtrust.org.uk/news/surviving-self-isolation#)

<https://cafod.org.uk/Education/Children-s-liturgy>

[https://www.bdes.org.uk/uploads/7/2/8/5/72851667/prayer\\_services.zip](https://www.bdes.org.uk/uploads/7/2/8/5/72851667/prayer_services.zip)

<https://www.tentenresources.co.uk/sunday-liturgy-for-families>

<https://www.tentenresources.co.uk/daily-prayers-for-home>

<https://www.tentenresources.co.uk/primary-subscription/prayers-for-home/15-prayers/>

Assembly video for home: <https://www.tentenresources.co.uk/the-aha-moment>

<https://cafod.org.uk/Education/Primary-teaching-resources/For-home-learning>

<https://missiontogether.org.uk/school-closures-home-activities/>

[https://www.youtube.com/results?search\\_query=Max7+Bible](https://www.youtube.com/results?search_query=Max7+Bible) (Bible Stories)

<https://www.mylittlehouse.org/the-easter-story1.html> (Bible Crafts)

<https://www.catholicicing.com/coronavirus-home-resources-for-catholics/> (Bible Crafts)