

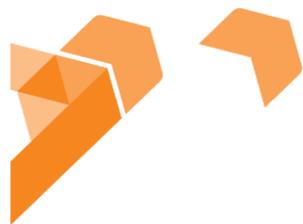
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# Young Person's Resource Pack following Covid-19

**July 2020**



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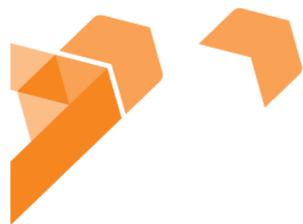
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## Resource Pack

For most, the past few months have been anything but normal. The coronavirus pandemic and subsequent lockdown have thrown people's lives and routines into chaos. We needed to adapt to many changes, such as not seeing friends and spending more time with family and not being able to attend school, engage in "normal" activities, such as swimming, gymnastics, and football, or see loved ones, etc. Currently, life seems to be going back slowly to what we consider normal. But, you might still be going through a range of different emotions, such as sadness that you were not able to mark the school ending as you anticipated, worry about returning to school or socialising, or frustration as you are feeling fed up with the constant pressure; maybe you feel disappointed, confused, or angry, or certainly, you may be experiencing feelings of loss. We want to assure you that you're not alone in these feelings. It is OK to feel this way.

This resource pack has been developed to contain information and resources that may support you through the relaxing lockdown phase and changes that COVID-19 has brought to your lives. This pack contains individual leaflets. You don't need to read all the information in this pack; simply use the table of contents to refer to the subject of your interest.

Most leaflets have references to useful websites and, at the end of the pack, you will find a list of useful organisations and phone numbers for your reference. At the very beginning, we included **advice for parents, caregivers, and teachers**, and we hope that this advice will help them to understand you better. We also included a fact sheet from CATCH-22 on **Nitrous Oxide** and **Substance Misuse and Covid-19 - Staying Safe leaflet**, has an additional section for parents, caregivers, and teachers. We hope you will find this information helpful.



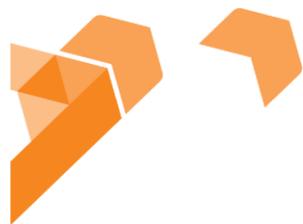
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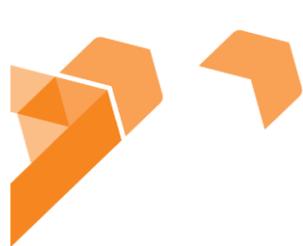
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## What do you want to know about adolescence? Information for parents, caregivers, and teachers

This leaflet is for parents, caregivers, and teachers. We want to help you understand more about teenage development and the brain. Some of what we consider to be developmentally normal behaviours can be exacerbated during the lockdown and the phase of relaxing the lockdown.

Adolescence is the stage of life between childhood and adulthood; it is a transitional phase of physical, social, emotional, intellectual and psychological development. Generally, it is thought that it is the stage between puberty and adulthood during which significant changes occur in the brain, body and in the way the young person relates to the world. This period produces a series of challenges which all young people need to navigate. These include:

- **Biological changes:** such as the beginning of puberty, which can start earlier for some young people than others. Those changes involve “wake up” hormones, as well as changes in emotions. The sex hormones are present at birth but hibernate for almost a decade. Puberty is a time of hormones awakening, and the teenager’s brain sees these hormones for the very first time. Because of that, the brain has not yet worked out how the body should respond to these chemicals. Hence, you may notice mood fluctuation. Be patient; your child’s brain is learning something new, and it needs time to adapt.
- **Cognitive challenges:** wherein young people develop the capacity for abstract thinking as well as egocentric thinking. Subsequently, you may notice that the young person thinks that everyone is watching them; no one understands them and believe they are invincible, which may lead to risk-taking behaviour. You may also notice that the young person can think more logically and understands that problems are not always simple; they can solve complex issues and understand different perspectives.
- **Physiological changes,** such as a growth spurt, including getting taller and changes to some parts of the body such as the head, face and hands for girls: menstrual periods, for boys: voice breaks (becomes deeper) etc.
- **Social challenges:** the young person starts to move away from the family to their peer group, which become their main priority as they prepare to stand alone as adults. (Young person is learning how to be part of a group and it is terrifying not fitting in.) The shift from dependency to interdependency starts to take place. It is a time when the young person starts to search for identity questioning “who am I,” as well as exploring their sexual identity.
- **Moral and spiritual changes:** such as the questioning of belief systems and a search for meaning.
- **Brain changes:** the amygdala is a part of the brain concerned with survival. It is fully developed at birth and is associated with impulses, aggression and instinctive behaviour. The prefrontal cortex develops last, it informs decision-making, impulse control, planning, ability to process consequence and problem solve. The changes in the prefrontal cortex continue into early adulthood (the brain fully develops at the age of 25). During adolescence, the brain goes through a process of pruning and developing new neural connections. During this time,



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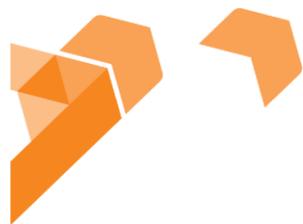


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young people can find it hard to interpret facial expressions correctly. The ones they often confuse are concern/anxiety and anger. So, when the young person comes home later than planned, and the worried parent asks them where they have been, they can mistake the parent's expression as anger and respond defensively/angrily. Therefore, it is essential not to take it personally and try to state feelings to aid clear communication. Try to avoid "you-statements" as they can be interpreted as blaming; try using "I-statements" instead. The adolescent brain is still under construction; therefore, sometimes you may notice that the young person's behaviour appears quite mature, but at other times they behave irrationally, impulsively or emotionally. The back-to-front development of the brain and the fact that young people rely on the amygdala much more than the prefrontal cortex, can explain these shifts and changes.

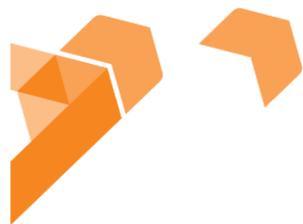
### **Normal adolescence behaviour includes:**

- Wanting to be more independent, starting to question rules, the possibility of being rebellious and starting to refuse to do things.
- Not wanting to socialise with family, preferring to spend time with friends.
- Needing more sleep, they may develop different sleep patterns. The brain produces melatonin (a sleep hormone) at a different time of the day. This means that the young person may feel tired later in the evening than they used to. This may mean that they are awake well into the night, making it hard for them to get up the next morning.
- Mood swings, aggression and arguing. Adolescence is a time of increased response to stress; the young person has a different tolerance to stress to what we see in adults. The adolescent brain is still learning how to control and show emotions.
- Changing in physical appearance. If puberty starts significantly early or late, this can cause a heightened level of stress or lead to low-self-esteem.
- Worry about physical appearance. Because physical changes occur at different rates for everyone, the young person may become self-conscious and anxious about their appearance.
- Reducing communication and increasing conflict; this can occur as the young person wants to be more independent, as well as starting to think more abstractly and question different viewpoints. The conflict tends to peak in early adolescence.
- Indecisiveness: in adolescence, decision-making skills are still a work in progress.
- Attraction towards the opposite sex or the same sex.
- Risk-taking behaviour: As mentioned before, the prefrontal cortex, the part of the brain responsible for thinking about consequences, self-monitoring, problem-solving and decision-making, develops last. Consequently, the young person may experience varying degrees of self-control or good judgment, subsequently, they are prone to risk-taking behaviour. However, adolescents do need to take risks in order to grow and develop, you can support your adolescent by offering healthy risks, such as sports.



## Top tips for parents, caregivers and teachers

- Don't be shocked when the young person does something silly that they can't explain. Remember, the young person's prefrontal cortex has not yet come online, so be tolerant. Explore and talk about mistakes when you and they are calm.
- Take emotion out of the equation. You may not like how the young person is behaving or how they are thinking, but keep your emotions out. Remember, young people may be making a poor choice as their brain is a work in progress, and at this time they lack the skills to make a better one.
- Don't do anything until you're both calm. If you attempt a conversation with your child and the young person is rude, do not respond reactively, make sure you don't get dragged into a fight. Remove yourself from the situation or have a script ready that you say to yourself like, "It is not about me, arguing will make things worse." If you can do that consistently, over time, the antagonism should calm down.
- If you are giving consequences; plan ahead: You don't have to react to the situation immediately; take a little time to put your plan together. If you issue consequences in the heat of the moment, you might over-react and give a "punishment" that teaches your child nothing.
- Help the young person to find healthy strategies for expressing feelings such as listening to music, writing, drawing and talking.
- Be the adult that listens and helps them to think and feel. Be the adult that they know believes in them and has faith in their abilities. Give the young person the space to work things out on their own. Don't judge but help them to reflect on what life throws at them. This will help the young person to gain better self-control. But, most importantly, if the young person feels a sense of connection with just one adult, it can stop their sense of isolation and not being understood.
- Ask for opinions; let the young person see that you have real confidence in her/him.
- Talk step by step about different options the young person might choose and discuss potential consequences.
- Young people need guidance and limit-setting from adults around them, so have boundaries and routines that provide structure. But do provide some space for negotiating those boundaries and routines.
- Help the young person to get lots of sleep.
- Allow the young person to take some health risks.
- Praise and reward desired behaviour.
- Be a positive role model.
- Stay connected with your child and don't get discouraged if they don't want to speak to you; be approachable and communicate that you are available for them if they need you.
- If the young person does not want to talk, you could consider texting, many parents report having a successful and meaningful conversation through text.
- Ask curious questions . . . not loaded questions. Ask your teen for his or her ideas and be collaborative.



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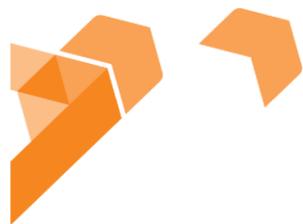
- Talk with the young person about their developing brain. Below is a link to a video you may want to share with the young person.

### Resources

- <https://www.youtube.com/embed/fhI9KLwfpbM>
- Brainstorm: The Power and Purpose of the Teenage Brain Daniel J. Siegel
- Blame My Brain by Nicola Morgan
- <https://raisingchildren.net.au/teens/development/understanding-your-teenager/brain-development-teens>
- <https://raisingchildren.net.au/teens/development>

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## Mental Health and Well-Being

Looking after our physical and mental health is important at any time but even more so with life as it is now. We know many of you are missing seeing friends, experiencing frustrations at being at home all the time and sometimes finding it difficult to get on with other members of your family. You may also be worried about your progress with school work and missing the anticipation and excitement of future events. Interestingly, during your teenage years and up to your early 20's, your brain is still developing and because of that, your brain finds it harder to think of the future especially in relation to the current situation and when it might end.

Our wellbeing is like a see-saw, we need to balance the stresses in our life by looking after ourselves. Research tells us that problems can be caused by not having the right balance in our lives. *So, what do you need to know to do that?*

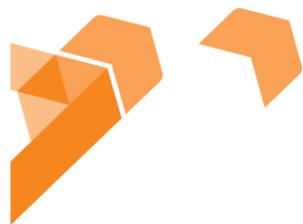
**Look after your physical health.** The Basics. It may sound boring but getting enough sleep, around 8-10 hours, eating regular balanced meals, drinking enough fluids (try to avoid caffeinated drinks) and daily exercise are important. This ensures that our bodies are getting the nutrients it needs to stay healthy. Sleep allows our bodies to rest, repair and recharge our "batteries". Exercise keeps us strong and fit and releases chemicals that help us to feel good and being outside in the sunlight supplies us with vitamin D.

Make sure you are showering/bathing regularly, washing your hair, cleaning your teeth. This makes you feel better and sends your brain the message you care for yourself.

**Stick to a routine.** As much as it may seem fun to spend the day in PJ's, get up and go to bed late and change the times we eat, our brains actually crave routine. Routine gives our lives predictability and structure, which is especially important during unsettled or worrying times. It can give us a sense of achievement and purpose. If your mood is dropping or you are feeling anxious, this is even more important. You could set up a schedule, ensuring you include the basics. What time will you schedule your exercise? When will your alarm be set for the morning? Make sure you schedule in activities during the day that give you pleasure or a sense of achievement. Remember, it's about balance.

**Connection.** We all need to feel connected to others; friends, family, teachers, pets. Being connected helps us to have a sense of belonging and feeling valued. It can be a source of support and enjoyment. Think about how you have tried to stay connected with others, is it the same now as when you first entered lockdown? Has it improved or do you feel more isolated? Connecting through telephone calls, facetime, WhatsApp, and online lessons are all important. If you feel this has drifted, think about why that might be. Have you found it harder or have friends found it harder? Who could you reach out to, to improve it. Try to perform an act of kindness every day.

While we are thinking about staying connected. Be mindful that people are not always kind and so ensure you are vigilant around internet safety. Try to limit how much media you access; becoming too focussed on the news and social media can increase anxiety and frustration.



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**Spare Time.** Some of you may feel you have a lot of time on your hands and be feeling bored, or are maybe unsure of how to fill it? Consider what gives you pleasure; is it listening to or playing music, watching box-sets or movies, painting your nails, reading, crafts, art, writing, cooking, a hobby? These activities bring with them a sense of purpose, predictability and achievement which all help to lift our mood. Maybe now is the time to try a new hobby out?

Picking this apart a bit more, activities such as walking, running, colouring in, sudoku, word searches, jigsaw puzzles, dancing, boxing, stroking a pet are rhythmic, grounding and regulating activities, which help to calm our emotions. If you are struggling to get off to sleep at night because your brain is too busy with thoughts, try doing a word search, colouring in, listen to an audiobook, etc. as a way of calming and relaxing.

**Relaxation.** If you find yourself feeling anxious, tense or irritable, it is important to try and set aside time to focus on relaxing your mind and body. Like any skill, it takes practice to develop your skills and to find what works best for you. Initially find a time for practice when you are feeling calm and relaxed, so that your brain and body make the connection of calmness. Once you have practised this regularly for a couple of weeks, then you can try using it for times when you are feeling anxious, upset or unsettled. Try a few activities, the first one may not work for you. Here are some examples:

**Deep breathing:** Some people find it helpful to take 3 slow deep breaths - breathe in, pause, breathe out, concentrating on releasing any muscle tension in your body as you breathe out. Try and breathe in from your tummy. Make sure you do not breathe in and out too quickly or you may feel dizzy.

You can do a similar exercise where you use a ball, either a tennis ball or a spiky sports ball and run it between the palms of your hands as you breathe in and out. This gives your mind a focus and your body positive feedback, which can be helpful for people who have experienced panic attacks in the past.

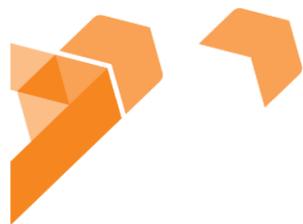
#### **Senses: Focus on**

- 5 things you can see right now
- 4 things you can hear right now
- 3 things you can touch, and reach out and touch them, right now
- 2 things you can smell or like the smell of
- 1 slow, deep breath. Then focus on your breathing, before shifting your focus of attention onto something different....

[www.getselfhelp.com](http://www.getselfhelp.com)

**Mindfulness.** This is about being in the moment, stilling your thoughts. There are lots of mindful scripts on the internet but you might like to try this. You could make a voice memo and record it back to yourself.

Sit comfortably in your chair and close your eyes. Take a few moments to notice the feel of the chair as you relax your body into it..... notice the feel of your feet on the floor, grounding you..... Take



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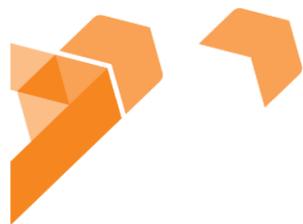
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this moment to take a deep breath in... hold it... and as you breathe out slowly allow your body to sink further into the chair. Continue to do this 2 more times. Bring your attention to your body, is there tension in any of your muscles? Can you try and relax them a little more.... Now bring your attention to what you can hear; can you hear birds, or the wind blowing or maybe the rain. Are there household noises you can hear? Can you feel the warmth of the sun or a breeze gently blowing over you? Take a few moments to focus on what you can hear and feel and smell. If your mind drifts onto other thoughts just notice them, let them go and then refocus on the present.....when you are ready open your eyes.

There are several apps that can also help you to manage your mood and support your emotional wellbeing such as *Headspace*, *Mindshift* and *Calm*.

**Positive Affirmations.** Write down messages to yourself to remind yourself that the current situation won't go on forever, this is a change we are all going through but it will end. Remind yourself what you are good at, what you are looking forward to in the future, what you are grateful for? What has got you through so far? You could create a mood board or write it on post it notes and use Pinterest for inspiration. Keep it somewhere you can easily see it.

**Rescue Kit.** Finally, if you find it hard to think what to do when feeling stressed why not gather together some prompts of things to try. Try out a few of the ideas above or create your own list and pick your top 5 and either gather them together in a box, rucksack or write a list to remind yourself as an emergency pick me up. Your kit might include a favourite book, puzzle, your go to relaxation exercise, favourite smell such as a scented candle, soap or aromatherapy oil, link to your favourite track, positive affirmation etc.



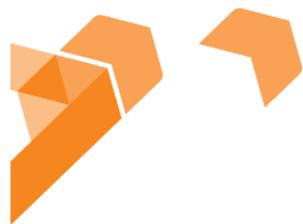
## How to Talk About & Manage Your Emotions

### Emotions: what, how, when

- All emotions (feelings) are normal but how we do with them can sometimes be problematic. They are not bad or good but some are difficult to have and some are more pleasurable. It's our bodies way of letting us know how we feel about something happening in our lives: past, present or future.
- Emotions have an important purpose they can: motivate us to take action, help us to: survive, thrive and avoid danger. They help us to make decisions and allow other people to understand us and for us to understand others.
- Just some of the feelings we all have the potential to feel: sadness, anger, frustration, jealousy, happiness, confusion, loneliness, worry, regret, excitement, hurt, cautious.
- We feel emotions within areas of our bodies such as tummy or head ache when worried, increased heart rate when angry, having energy when excited or tired when sad.
- Sometimes emotions start small and stay small, sometimes they come on quickly and are big from the start, sometimes they build up overtime, sometimes they come on when you're not expecting it. It's possible to have several at the same time. They can be very confusing and hard to understand and manage.
- Our feelings start as thoughts which can be helpful or unhelpful, these in turn create helpful or unhelpful feelings or emotions which can then produce helpful or unhelpful behaviours. It's important to notice our thoughts and ask ourselves: "is this a fact or an opinion?" and "am I expecting the worst to happen?". This will help to create more helpful thoughts, feeling and behaviours.

### Tools for talking about and managing difficult emotions

- Notice what's going on and if or where you feel the emotion in your body.
- Try and name it to yourself e.g.: 'this is worry'.
- Accept that this emotion is there, don't deny it and don't judge yourself for having it. Know that the feeling will pass eventually as they all do eventually.
- Think about what's triggered it.



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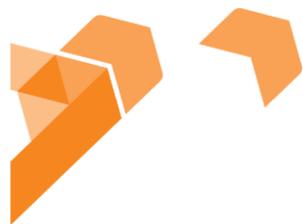
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- Tell someone you trust about how you are feeling. This will help to release the feeling so that you don't have the burden of carrying it around. Talking about feelings is healthy.
- If you're not ready to talk now you can talk later on.
  - If you're feeling overwhelmed **take time out** to a safe and quiet space.
  - Focus on you breathing. You can inhale for 3, exhale for 4. Notice your belly rising as you breath in and falling as you breath out. This will help to calm you down and feel more in control.
- If it's hard to find words draw a picture or a scribble or write words down. You can write a letter to someone. You do not have to show this to anyone if you don't want to.
- When ready and able to think, check to see what the trigger / problem was / is and how you might go about solving it so that you feel better and so that it's less likely to happen next time. You may need some support to problem solve.
- If it's hard to find a solution try to let the feeling go in other ways, for example: write the feeling down on a piece of paper and screw it up or bin it, use a worry box, draw it, imagine the feeling floating away in a bubble.
- Try and do something else that's a nice distraction for you. Exercise, read, play a game, watch TV, draw, go for a walk, pet an animal.

**Be kind to yourself everyone has difficult feelings sometimes and life can be difficult.  
You're just doing the best you can at the time.**

### Resources

- [www.Moodjuice.scot.nhs.uk](http://www.Moodjuice.scot.nhs.uk)
- Understanding my feelings: <https://www.mind.org.uk/information-support/for-children-and-young-people/understanding-my-feelings/>
- Anger: <https://youngminds.org.uk/find-help/feelings-and-symptoms/anger/>
- Embarrassment <https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/embarrassment/>
- Jealousy: <https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/jealousy/>
- Guilt: <https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/guilt/>
- Being assertive: <https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/being-assertive/>



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## Coping with Stress

Stress is a feeling that we get when we are struggling to cope with the pressures of life. Everyone feels stressed at some point and it can affect people in different ways. What may be stressful for one person may not be for another!

Difficult life events or situations can cause us to feel stressed. It is very normal to be feeling more stressed in response to Covid-19, school closures and everything else that is going on at the moment.

This leaflet will help you to understand stress, why we get stressed and how it feels/looks for you. It will also give you some ways to manage your stress and some useful links you can review that may help you further.

**What is stress?** As already mentioned, stress is a feeling we get when we are overwhelmed or unable to cope. It's a very common experience and there is no need to feel embarrassed or ashamed. Stress in itself is not harmful or dangerous and feeling stressed does not make you weak or bad in any way. However, if we feel stressed for a long period of time it can make us more vulnerable to other health problems.

**The Fight/Flight/Freeze Response.** It is common to experience some physical symptoms when feelings stressed. This is because our body automatically goes into the 'fight/flight/freeze' (FFF) response when we feel stressed, anxious or scared. This reaction quickly and helpfully prepares the body for action to keep us safe from a perceived threat. It does this with the aim of preparing us to protect ourselves (fight), escape from the danger (flight) or hide from the threat (freeze).

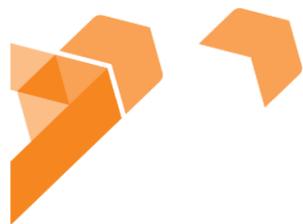
**Physical Feelings of Stress** The FFF response can cause a variety of physical feelings. Some of these are listed below (but there are many, many more):

- **Making our heart beat faster** - to supply more blood to our muscles.
- **Producing more sweat** - to cool us down.
- **Tensing our muscles** - getting them ready for action.
- **Breathing quickens** - to supply oxygen to our muscles (which can cause us to feel dizzy).
- **Racing thoughts** - quickly narrowing the available options to make a quick response.
- **Butterflies in stomach** – our body shuts down body functions that aren't needed at the time e.g. digestion.

**So why do we get stressed?** In the past, such a reaction would have offered us some protection, e.g. preparing us to react quickly in case of predators or other serious threats.

However, these days our perceived threats are not often things we can fight, flee or hide from. Instead, we have to negotiate difficult circumstances such as friendships, exams and, at the moment, Covid-19 in very different ways. Therefore, the FFF response is not so helpful and is often quite frustrating!

While these symptoms are not dangerous in themselves, they can make us feel really horrible. Although we still need the FFF response as it is our body's healthy protection system and is important



to survival (e.g. to jump out of the way of a speeding cyclist), it is not helpful to have this response 'switched on' at all times.

**This video is a great way to understand the fight/flight/freeze response and its effect on your body:**

[https://www.youtube.com/watch?v=jEHwB1PG-Q&feature=emb\\_rel\\_pause](https://www.youtube.com/watch?v=jEHwB1PG-Q&feature=emb_rel_pause)

**How can I overcome feeling stressed?** Simply understanding the FFF response can be enough to help you to manage the physical symptoms. Now that you know what they are, you do not need to worry about them and can let them pass (which they will do quite quickly!).

However, sometimes we need a little more than just understanding what stress is, why it is there and how it feels.

### **Top tips! Below are some top ten tips in managing stress in response to Covid-19:**

**Talking.** The first step in managing stress is opening up to someone that you are struggling. Talking to someone you trust - a friend, a parent or another trusted adult (such as a teacher) – can be the first step in helping you to reduce your stress. You'll likely find that they are feeling a bit stressed too!

**Limit your time spent on social media and news.** Right now, it seems like the whole world is only talking about Covid-19. Limiting your time spent on social media or news sites can help remind us that there are other things going on in the world. Choose an amount of time you allow yourself online (such as 30-60 minutes a day) and try not to exceed this. You can find some other things to do instead, such as some of the below recommendations.

**Breathing.** As stress triggers the fight/flight/freeze response, our breathing often becomes very fast and shallow as a response. Learning how to slow our breathing down and ensure that we use all of our lung capacity can be a really helpful way of calming down and reducing feelings of general anxiety and stress. It's really important initially to practice this skill when you are in a calm and quiet place. Once you have practiced it a lot and feel confident, it is then much easier to use to help you calm down at times when you are anxious or stressed.

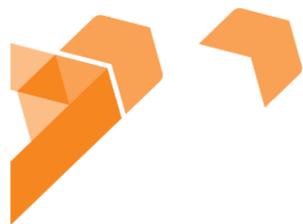
#### **7-11 breathing:**

- *Find somewhere comfortable to sit or lie down.*
- *Put one hand on your chest and one hand on your stomach.*
- *Take a deep breath in slowly through your nose for 7 (or 5) seconds.*
- *Then release the breath slowly for 11 (or 9) seconds.*
- *Repeat.*

#### **Square breathing:**

- <https://www.youtube.com/watch?v=CfUGpJE1D9o>

**Progressive Muscle Relaxation.** As stress triggers the fight/flight/freeze response, our muscles often become tense as a response. This technique can help you recognise how different your body feels when you are tense and when you are relaxed. Learning to relax your muscles when thinking of a key



word, such as relax, can help at times when you feel stressed. Tense each muscle in the series below for 5 seconds and then release the tension whilst thinking of the word “relax”. Notice how different it feels when you relax the muscles.

**Hands** – clench your left fist and then relax, do the same with your right.

**Arms** – bend your elbows and tense your arm and bicep and then relax.

**Neck** – press your head back and roll it from side to side slowly. Feel the tension moving and then bring your head back into a comfortable position.

**Face** – focus on the jaw and forehead. Lower your eyebrows into a frown and then raise them. After 5 seconds relax them and clench your jaw for 5 seconds and then relax.

**Chest** – take a deep breath and notice your chest rising. Hold it for 5 seconds and relax.

**Stomach** – tense your stomach as tight as you can and then relax.

**Legs** – straighten your legs and stretch out as far as possible. Bend your feet up towards your face. After 5 seconds of tensing, wiggle your toes and relax.

**Grounding techniques.** Helping to find ways to focus on the here and now when you are feeling very stressed and lost in your own thoughts can be really helpful. Below are a couple of strategies that you might want to practice and try using when you are stressed.

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Describe/name 5 things you can **see**

Describe/name 4 things you can **touch**

Describe/name 3 things you can **hear**

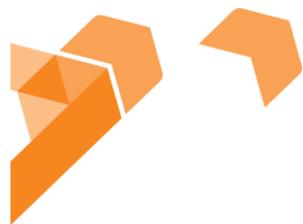
Describe/name 2 things you can **smell**

Describe/name 1 thing you can **taste**

**Keeping a diary/journal.** Keeping a diary or journal to record your stress can be a simple but effective way of both reducing and understanding your stress. It has been long known that writing things down can be cathartic (i.e. a way of providing psychological relief) as it helps us to release and express our emotions in a healthy way. It also allows us to reflect upon our stress and understand why we were feeling that way, what exactly triggered us to feel stressed and what helped reduce our stress in the moment.

**Routine.** Keeping a clear routine is helpful for our bodies and our minds. It is even more important to keep a consistent routine during the Covid-19 pandemic as the things that usually give us routine (going to school, doing our hobbies) are suddenly no longer around. So, ensure you keep to a good routine (including attending your hobbies online if possible) that incorporates healthy self-care habits, as noted below.

**Self-care.** It is vital that we keep up our self-care routine, even if our days look a little different now. Making sure that we shower, clean our teeth, wash our hair and get dressed on a regular basis is



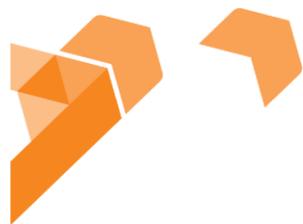
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important to feeling well. Likewise, ensuring that we are eating the right foods, getting enough sleep and drinking enough water helps us to feel as well as possible, no matter what is going on around us.

**Social contact.** It can be hard to keep in contact with friends, family and peers during lockdown. However, trying to keep up some level of social contact is important. This can be online contact (video calling, texting, through social media) or through meeting up face to face (providing it is in line with government guidelines). You could go for a socially distanced walk or have a socially distanced picnic, anything that you and your friend/family/peer enjoy doing together. If this is not feasible, there are a lot of things that can be done online too; quizzes, escape rooms, music gigs, games... the list goes on and on!

**Getting outside.** Right now, going outside seems a bit peculiar or possibly even quite stressful. However, research has shown that going outside and leaving the house (even for short periods of time) is vital to manage our wellbeing. Stress can worsen when if we remain in the same place for long periods of time, so getting outside to take a short walk, meet up with a friend for a socially distanced chat, or going on a bike ride can help to relieve stress.



## Social anxiety

**What is social anxiety?** Social anxiety is a common issue that affects millions of people and can have a negative impact on the quality of life. People with social anxiety have an intense and persistent fear of being judged, criticized or rejected by others. This can be very distressing and can have a significant impact on one's life.

**How can COVID-19 affect people with social anxiety?** During the COVID-19 pandemic, public officials have urged people to minimise social contact and maintain distance when interacting with other people. Some people might find this a relief, whereas other people may experience increased levels of social anxiety. Spending time alone during the pandemic may make it more difficult for people to adjust to being in social situations after the pandemic. People may also struggle to make phone calls and video calls during COVID-19.



### Emotional signs and symptoms of social anxiety:

- Excessive self-consciousness and anxiety in everyday social situations
- Intense worry for days, weeks, or even months before an upcoming social situation
- Extreme fear of being watched or judged by others, especially people you don't know
- Fear that you'll act in ways that will embarrass or humiliate yourself
- Fear that others will notice that you're nervous

### Physical signs and symptoms:

- Red face, or blushing
- Shortness of breath
- Upset stomach, nausea (i.e. butterflies)
- Trembling or shaking (including shaky voice)
- Racing heart or tightness in chest
- Sweating or hot flashes
- Feeling dizzy or faint

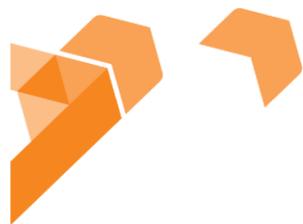


### Behavioural signs and symptoms:

- Avoiding social situations to a degree that limits your activities or disrupts your life
- Staying quiet or hiding in the background in order to escape notice and embarrassment
- A need to always bring a buddy along with you wherever you go
- Drinking before social situations in order to soothe your nerves

## Coping strategies for people with social anxiety

- **Maintain social contact.** During COVID-19, people may experience periods of isolation. Therefore, it is important to maintain social contact with other people. This can be done by



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mailing letters or cards, emailing, connecting on social media, videoconferencing, or telephone conversations.

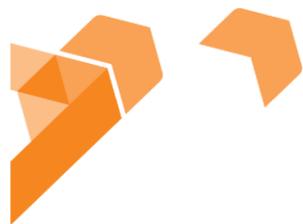
- **Relaxation techniques.** During periods of stress, it can be useful to practice some slow, deep breathing exercise that can help you to relax. Mindfulness based apps such as Headspace and Calm are a great way of focusing on the present moment, which can help to relieve anxiety levels.
- **Try to understand your anxiety.** It can help to talk to someone about how you're feeling or write it down. It can be helpful to keep a journal and record how you are feeling each day.
- **Challenge these negative thoughts.** Firstly, identify these negative thoughts. Secondly, challenge them by asking yourself a few questions, such as: Are these thoughts based on factual evidence? Are these thoughts helpful? Turn these thoughts into more positive ones and this can help to lower your anxiety levels.
- **Maintain a healthy lifestyle.** Getting enough sleep, eating balanced meals, and exercising daily can help people cope with anxiety. People who find that they are relying on alcohol or drugs to help them cope with isolation should speak to a doctor or therapist.

## Recourse

- **Social Anxiety UK** <https://www.social-anxiety.org.uk/> - Volunteer led organisation, news, advice, info, meetings, chatroom, forums, support/social groups, info on cognitive behavioural therapy.
- **Anxiety UK** [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) - Helps all those suffering with anxiety disorders. Self-help leaflets and contact lists. Self-help groups, counselling, and email support.
- **Mind** <https://www.mind.org.uk/> - A website for people who struggle with mental health and it explains more about anxiety and panic attacks.
- **Young Minds** <https://youngminds.org.uk/find-help/conditions/anxiety/> - This is another website that provides useful information for people struggling with mental health issues and explains about anxiety.
- **Sane** <http://www.sane.org.uk/> - SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.

## Useful websites

- [www.anxietynomore.co.uk](http://www.anxietynomore.co.uk) - information and advice on all aspects of anxiety and panic.
- [www.bigwhitewall.com](http://www.bigwhitewall.com) - Improving mental health and emotional well being
- [www.calmclinic.com](http://www.calmclinic.com) - information relating to anxiety, panic disorder, stress and depression
- [www.dailystrength.org](http://www.dailystrength.org) - Online community support for anxiety, mental health, and health related conditions.
- [www.ispeak.org.uk](http://www.ispeak.org.uk) Selective Mutism Support and Advice
- [www.mindingyourhead.info](http://www.mindingyourhead.info) Information relating to mental health, depression, stress and anxiety



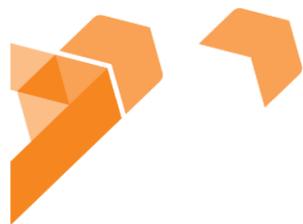
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- <http://www.nhs.uk/Conditions/stress-anxiety-depression/information-on-how-to-cope-with-panic-attacks>
- [www.nomorepanic.co.uk](http://www.nomorepanic.co.uk) - Information for sufferers of panic, anxiety, phobias, insomnia and OCD. Includes chat room and message boards.
- [www.stressbubbles.com](http://www.stressbubbles.com) - struggling with depression, anxiety, mental health, some great healing tips from someone who has suffered with these issues herself.
- [www.succeedsocially.com](http://www.succeedsocially.com) - Getting past social problems, how to meet new people and make friends and improve social skills.

### References to pictures

- <https://www.calmclinic.com/social-anxiety/shyness>
- <https://www.alcoholrehabguide.org/resources/dual-diagnosis/social-anxiety-disorder/>



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## Obsessive Compulsive Behaviours and Coronavirus: Leaflet for Young People

If you are feeling anxious about the coronavirus you're not alone. The coronavirus has had an impact on almost every aspect of our lives and affected the way we live every day.

OCD impacts people very differently, from obsessive fears around germs and contamination to unwanted and distressing intrusive thoughts about harming a loved one. For some people their OCD has been severely affected by the coronavirus but others are experiencing no change at all.

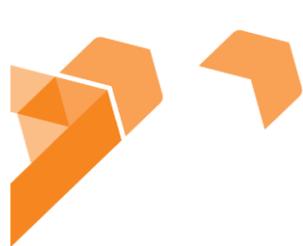
If you have symptoms of OCD the coronavirus may present a number of additional worries and anxieties. Some reported concerns from people with OCD around the pandemic include:

- Contamination fears leading to additional washing/cleaning
- Intrusive thoughts around getting the virus or passing the virus on to loved ones
- Increase in health anxiety/worry about being more vulnerable to the virus
- Worries about not being able to use previously used coping strategies (i.e. exercise) for mental wellbeing due to isolation
- Seeking more reassurance from parents 'Am I going to be ok?'

### Top Tips for Managing my OCD during Coronavirus

OCD is thought to feed off of uncertainty and doubt. Some helpful strategies that people with OCD have found helpful in managing their anxiety include:

- It is important to look to the people we trust to support us. Reach out to these people; they may be family, carers, friends or even teachers. Be open if you have fears and seek answers. Ask the questions you feel you need to ask, however specific or trivial they may seem.
- If you struggle with contamination fears: Set out a basic safety plan based on the recommendations of trusted health organisations and do not add to it. An example of a safety plan might be:
  - Wash your hands with soap and water for 20 seconds after being outside or in public, before eating, after going to the bathroom and after you've coughed/sneezed/blown your nose. If soap and water are not available to you, use hand sanitizer.
  - If you are in doubt whether what you are doing is genuinely trying to reduce the spread of the virus or trying to reduce anxious thoughts it is helpful to do this with someone you trust such as a parent/carer/friend to work out what might be reasonable and rational safety measures to take.
- If you struggle with thoughts of harming others: Be mindful of how your OCD might take advantage of coronavirus fears by telling you that you might have infected someone or that you are going to infect someone. If you notice these thoughts it might be helpful to talk to a trusted parent/family/friend.



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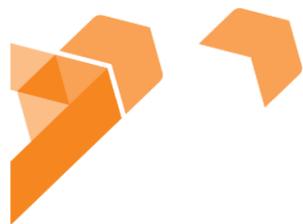
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- Controlling exposure to the news: you may be seeking information around the coronavirus throughout the day, checking on the guidelines and information you have is correct. It might be helpful to create rules around when and how often you seek information about the virus.
  - If you have social media and find the coronavirus is present on your feeds, you can 'mute' words such as coronavirus and covid-19 on platforms such as Facebook and Twitter.
- Stay connected: Just because you may not be able to see friends or family doesn't mean you can't still talk. There are many ways to connect, video chat, instant messaging and phone calls.
- Setting a routine: without distractions some people can find themselves spending more time thinking about the anxieties and worries. Take advantage of this extra time and build enjoyable activities into your day. This could be reading, painting, going for a walk.
- Keeping a sleep routine is also really important. Plan a sleep routine including when you want to go to sleep, what you will just before going to sleep.
  - Make the bedroom a relaxing place
  - Keep your room dark, cool and quiet depending on your preference
  - Build exercise into your day can help you sleep better at night.
  - If you find you are kept awake by your thoughts sometimes people have reported it's helpful to listen to the radio, music or podcast before bed.
  - Avoid screen time in the hour before bed, including TV, iPads, mobile phones, computer screens. These use a blue light which tricks your brain into thinking it's still day time.
  - Consistency is key! Decide on a routine and stick to it.
- If you need support over the phone or online OCD Action, Kooth, the Samaritans are all invaluable resources at providing support

Remember to be compassionate to yourself! Many people who struggle with anxiety and OCD can be really hard on themselves, especially when they feel they have acted on compulsions. In these moments it is important to be kind and non-judgemental of ourselves, stick to the plan you've made and remember the aim isn't perfection.

### Resources

- <https://www.ocduk.org/ocd-coronavirus-summary/>
- <https://iocdf.org/covid19/covid-19-vs-your-ocd-symptoms/>



## Health Worry and the Coronavirus: Leaflet for Young People

If you are feeling anxious about the coronavirus you're not alone. The coronavirus has had an impact on almost every aspect of our lives and affected the way we live every day.

It is natural to feel anxiety when we face uncertain and unknown situations and we feel the need for safety, certainty, predictability and control. Anxiety is a normal, human feeling designed to protect ourselves against possible danger. Anxiety isn't a comfortable feeling and it tells us something isn't right and that we need to deal with it, usually by fighting or running away (this is called the fight or flight response).

With health anxiety you may spend a lot of time worrying that you're ill or about getting ill. You may also worry that other people close to you, such as friends and family, will get ill. This is completely understandable in the current situation with Coronavirus.

Guidance on what we should do to avoid the spread of the virus is changing. The government is slowly bringing us back into the routines we used to have before the virus. For many this will mean slowly going back to school and seeing friends. However, this might increase anxieties and worries in case you catch coronavirus or pass the virus onto others.

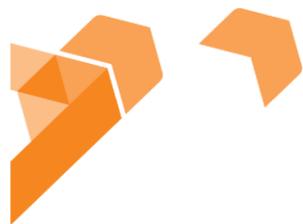
It is understandable to worry about coronavirus but when worry takes over and it stops you from doing what you want it's the right time to talk to someone about your worries.

### Top Tips on managing worry about your health and the coronavirus

Here are some tips that might help you cope with anxiety and your worries which can give you a sense of control even during an uncertain time.

- It is important to look to the people we trust to support us. Reach out to these people, they may be family, carers, friends or even teachers. Be open if you have fears and seek answers. Ask the questions you feel you need to ask, however specific or trivial they may seem.
- It is helpful to understand what exactly you are worried about. Write down the worries and thoughts you are having at the moment. These worries might be around your health and the coronavirus and/or worries about the future and what it might look like. It might be helpful for you to write a list of your worries from what you are most worried about to least worried about. (See table below)

<i>Most worried about</i>	
<i>Least worried about</i>	



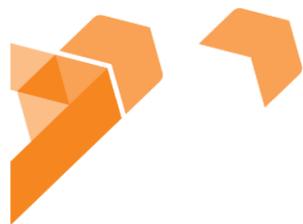
- Notice, label and accept what you are feeling. If you are noticing you feeling stressed, tense or anxious quietly say to yourself 'OK, there's my anxiety again' sometimes putting a label on what we feel helps reduce our concern.
- Setting yourself a 'worry time' can be helpful. Decide on the worry time period (5 minutes, 10 mins) and use that designated time to discuss your worries with the people closest to you. Outside of this time, set aside your worries, notice your worry (make note of it, write them down) and use coping strategies and mindful activities to bring yourself back to the present moment (see below).
- Direct your attention and try a grounding technique:

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- Describe/name 5 things you can see
- Describe/name 4 things you can touch
- Describe/name 3 things you can hear
- Describe/name 2 things you can smell
- Describe/name 1 things you can taste

### Colours

- Find 3 things in the room that are red/yellow/green etc.
- Practise breathing. Find somewhere comfortable to sit or lie down. Put one hand on your chest and one hand on your stomach. Take a deep breathe in slowly through your nose for 7 seconds; both your hands should rise gently as you breathe. Hold the breath for 2 seconds. Release the breath slowly for 11 seconds. Repeat.
- Controlling exposure to the news: you may be seeking information around the coronavirus throughout the day, checking on the guidelines and information you have is correct. It might be helpful to create rules around when and how often you seek information about the virus.
  - If you have social media and find the coronavirus is present on your feeds, you can 'mute' words such as coronavirus and covid-19 on platforms such as Facebook and twitter
- Stay connected: Just because you may not be able to see friends or family doesn't mean you can't still talk. There are many ways to connect, video chat, instant messaging and phone calls.
- Setting a routine: without distractions some people can find themselves spending more time thinking about the anxieties and worries. Take advantage of this extra time and build enjoyable activities into your day. This could be reading, painting, going for a walk etc.
- Keeping a sleep routine is also really important. Plan a sleep routine including when you want to go to sleep, what you will just before going to sleep.
  - Make the bedroom a relaxing place

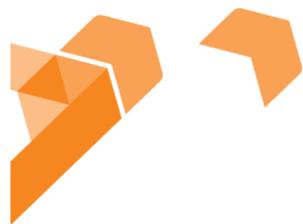


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- Keep your room dark, cool and quiet depending on your preference
- Build exercise into your day can help you sleep better at night.
- If you find you are kept awake by your thoughts sometimes people have reported it's helpful to listen to the radio, music or a podcast before bed.
- Avoid screen time in the hour before bed, including TV, iPads, mobile phones, computer screens. These use a blue light which tricks your brain into thinking it's still day time.
- Consistency is key! Decide on a routine and stick to it.

**Remember to be compassionate to yourself!** Many people who struggle with anxiety can be really hard on themselves. In these moments it is important to be kind and non-judgemental of ourselves, stick to the plan you've made and remember the aim isn't perfection.



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## School Anxiety

At times where uncertainty is high, it is understandable to see an increase in anxiety. People often experience some level of anxiety when doing something new, or something they haven't done for a long time. Given that schools are currently closed to most pupils, and have been for several months, it is expected that many of young people will experience some anxiety about returning to school, when you will be expected to return in September. You might feel worried about going into school, meeting your friends or leaving family at home when you go to school.

Below are some ideas to help you manage your anxiety about school and returning to school.

**Recognise and acknowledge when you are feeling anxious.** It is helpful to recognise when you are feeling anxious so that you can accept the feelings and begin to manage them.

**Physical feelings.** Physical changes such as heart beating quicker, breathing quicker, feeling sick, headaches and muscle aches are all common feelings of anxiety. You can learn more about why we experience these, and the 'fight or flight' response here: [VIDEO](#)

**Thoughts.** You might notice yourself worrying about things and thinking about them a lot. When we try to ignore these worries, they often come back again! Instead, try writing them down, keeping a diary, or speaking to someone else about them. Relaxation techniques, such as breathing, and muscle relaxation can help reduce some of the physical feelings and distract from worry thoughts. Example videos of [muscle relaxation](#) and [breathing relaxation](#) exercises

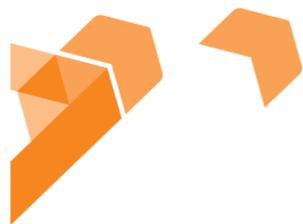
**Spend time on self-care.** As well as taking time to relax, it is important for your mental wellbeing to do things you enjoy! Try to find a balance between things you enjoy, feeling a sense of achievement and feeling close to someone. Some ideas of things you could do: read a book, watch a film, bake a cake, take a bath, practice yoga, go for a walk, switch off screens, draw, create something or call a friend.

**Keep a healthy routine.** A regular sleep pattern, eating well and personal hygiene are all things that help keep us feeling mentally well. Keeping a good routine now will also help you when it's time to go back to the school day routine!

**Talk about your worries.** It is ok to feel worried, anxious, nervous or scared! It's normal to feel worried about going back to school after a long time away and a lot of changes! It can help to talk about your worries with your family and friends.

**Don't forget about school.** Spend time talking about school – as well as talking about the thing you're worried about, share some good memories and things you look forward to when you return.

- Walk, run, cycle past school on your daily exercise if you can! Being able to see and visualise things can reduce the anxiety. It will help you remember what school looks like and it then won't feel as different or scary when you go back



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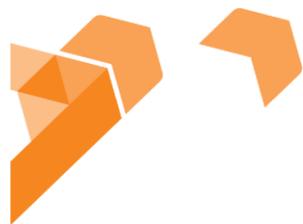


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- **Make a note of the positive things** you liked about school and what you're looking forward to about going back! It's amazing how quickly we forget about the positive things when we're focused on worries. Taking time to remind yourself of the things you liked about school can help you see the bigger picture!

## Resources

- YoungMinds: Problems at school
- STEM4: Coping with cancelled exams
- STEM4: Managing time and school work
- **MindShift™** is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety.
- **ThinkNinja** is an app designed to support 10-18 year olds with anxiety and low mood. They have updated the app to include COVID-19 Specific content
- **The Mix** Website dedicated to supporting adolescents and young adults with a variety of difficulties.



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## Low Mood & Depression

This pandemic has impacted our lives. The lockdown and social distancing measure have been put in place to protect our physical health but our emotional health can be affected by these changes in our normal routines and social interactions.

Many young people have had periods of worry about the virus and how it may affect our families, friends own health and wellbeing. You may also be struggling with not being at school and seeing your friends or worried about going back to school after a long break.

It is entirely normal to experience some low mood during this period and more generally, if this low mood goes on for more than a few weeks without any real improvement however you may have some of the symptoms of depression. This may have started before lockdown or is a new feeling for you.

Depression is different from feeling sad or that you 'can't be bothered'. Depression is a mental health difficulty when low mood continues for a long time. Anxiety can also sometimes trigger low mood or depression. It can also be in response to difficult experiences like friendship problems, bereavement or family difficulties. Sometimes there is no obvious reason.

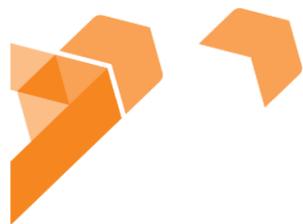
### Symptoms of low mood:

- Feeling sad
- An anxious feeling and worry
- Feeling tired
- Low self-esteem
- Frustration or anger
- Low mood will usually improve after a little time if it doesn't it can lead to depression.

If you have low mood there are some things that you can do to help yourself.

### Top tips-low mood

- Tell someone how you are feeling so that you are not alone. Talk to a parent, carer, teacher or GP. This is especially important if you are having urges to harm yourself or thoughts of ending your life. It can be difficult to express your feelings so choose someone you trust. Try not to bottle up feelings.
- Try to have a daily routine. Write a plan, include things you need to do and things you used to enjoy doing. Plan something for morning, afternoon and evening and do these activities even though you may not feel like it. Avoiding activities, friends and family is known to make low mood worse.
- Spend some time doing things you enjoy, listen to favourite music, read, draw, watch TV/films, have a bath, talk with friends.



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- Spend time with your family and friends and avoid long periods on your own. If you are unable to see friends message or video call them.
- Get some fresh air and exercise every day. Exercise is known to lift our mood and if you can do activity with someone else, that's even better!
- Eat healthy, regular meals and avoid skipping meals or eating too much. This will help regulate your blood sugar levels and even out highs and lows.
- Sleep is important – try to get into a better sleep routine. Set a bed time and try to do some calming, relaxing activities before bed. Have a bed time routine, this could include a warm drink (not Caffeine) a bath or shower, reading or doing mindful exercises. Avoid screens for an hour before bed and switch off your phone to avoid disturbance.
- Try to express your feelings if you don't feel you can talk you could paint or draw, listen to and sing along to loud music, shout and dance.
- Be kind to yourself and get help if you are struggling.

**Are you depressed?** Depression affects everyone in different ways, below are some of the symptoms you may experience with depression.

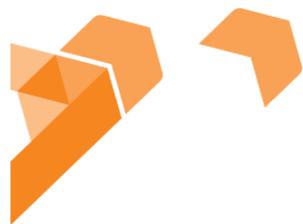
- Do you often feel low for most of the day?
- Do you lack motivation to do the things you would usually enjoy?
- Do you feel irritable, anxious or weepy?
- Are you feeling worthless?
- Do you have trouble concentrating?
- Are you eating too much, too little, have you gained or lost some weight?
- Are you having trouble sleeping or do you sleep too much and still feel tired?
- Have you stopped caring about yourself or others?
- Do you feel hopeless, have thoughts of self-harm or suicide?
- Just because you may have some of these symptoms doesn't mean you are depressed but it is important that you talk to someone you trust and get some help and advice (parent, teacher or relative you trust).

**If you think you are depressed you may need some help or therapy to overcome this.**

- You can talk to your GP or school about a referral to CAMHS. Please also look at our useful resource on stress or self-harm if this is applicable to you.

## Resources

- CYP Havens – During this pandemic our Havens are offering virtual support for young people in crisis- 4-8.30pm weekdays and 12-6pm weekends – Tel: 07773008435
- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Young Minds also have a crisis Messenger service (Shout) 24/7 Text to 85258



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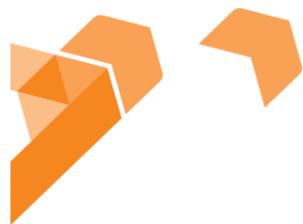


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- [www.childline.org.uk](http://www.childline.org.uk)
- child line free phone 0800 1111 for support and advice.
- [www.samaritans.org](http://www.samaritans.org) – Tel: 116 123 Or email [jo@samaritans.org](mailto:jo@samaritans.org)
- [www.moodjuice.co.uk](http://www.moodjuice.co.uk) – useful CBT self-help resource for low mood/depression, this should not replace talking to your GP or health professional.
- [www.moodcafe.co.uk](http://www.moodcafe.co.uk) - relaxation/visualisation and breathing exercises.

### Helpful apps

- Headspace- some free content, useful mindful meditation
- ThinkNinja- Free content released during Covid 19 period- simple strategies to help stabilise mood and improve emotional wellbeing.
- Mind shift- Free app CBT strategies for anxiety but has some relaxation and mindful exercises to practice.
- MoodGYM- to help young people with low mood, CBT based strategies
- SuperBetter- to help build resilience and boost wellbeing.
- What's up? – self help for depression, anxiety, stress and anger
- Stay Alive- Staying safe if you have thoughts of suicide.



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## Self-Harm in the context of Covid-19

COVID-19 is having a huge impact on the way most of us live our lives. Staying at home, not being able to go out and see friends or family, and not being able to do the things we usually do, can affect us in different ways. We might feel concerned or upset by the news, or by things we hear or read about COVID-19. It might make us feel isolated, lonely, angry, or depressed about the future.

Some of us might have thoughts of hurting ourselves, as a way of controlling our emotions, or wanting a release from how we feel. When we start to feel really low or alone, we might even have thoughts of wanting to end our life.

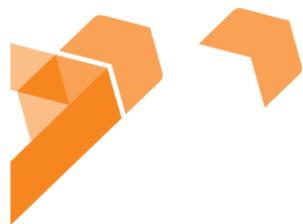
If you are thinking about hurting yourself or ending your life, it is important to know that you are not alone. You can still get the right support and help you need during the COVID-19 outbreak.

**What is self-harm?** Self-harm is when you hurt or harm yourself on purpose, usually when you have feelings that are distressing and unbearable. Some people do it to control their emotions or to feel relief from uncomfortable feelings. The impact of COVID-19 may have affected how you are coping with your feelings. It might trigger distressing feelings that you may have experienced in the past or that you might be experiencing for the first time.

Suicidal thoughts are thoughts a person has about wanting to end their life to be free from unbearable emotional or physical pain. These might be general thoughts about not wanting to be alive, or specific thoughts about how to end one's life. The uncertainty around COVID-19 might make you feel helpless and hopeless about your life or your future. Being at home all the time can make you feel more isolated and alone and can make these thoughts feel more powerful and occur more frequently.

**Who can I ask for help?** We know it's hard, but don't be afraid to ask for help. You may feel that you don't want to burden other people. You worry about what they might think or that they could tell others. But the truth is this – people care about you and they will want to help you.

- First, think about who would you feel most comfortable talking to? Many of us prefer talking to family or friends, or you may want to talk to professionals (staff working at your school or college, your GP, health professional or social worker), support groups, helplines or online discussion forums.
- After you have thought about the different people you could talk to, decide who the best person for you to talk to is.
- When you speak to them, explain how you feel and what support you would like. Share your worries with someone you trust, can help you see your problems in a different way, and understand that harming yourself or killing yourself isn't the way through this. They can help by spending time with you, talking things through or giving you help. They can also help you get professional support in a way you feel comfortable with.



## Where can I get help?

If you're in an emergency or you need help right now, remember you can always call 999. But this might not be the right thing for you, so there are other ways you can get help.

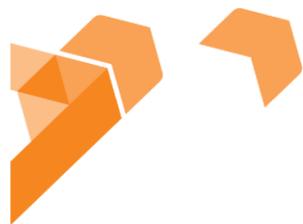
- You can talk to your GP by giving the practice a ring – and you can ask to speak a GP who you know or trust as well. Or you can speak to your doctor or nurse if you have one who looks after you and you know them.
- Most parts of England have a helpline if you need support with a mental health crisis. You can find out the number to ring for your local area at [nhs.uk](https://www.nhs.uk).

And there are other places where help is there for you:

- **YoungMinds Crisis Messenger.** Provides free crisis support if you are having a crisis – it's every day of the week, at any time day or night. You just need to text YM to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.
- **Papyrus** (Prevention of Young Suicide). A professionally staffed helpline providing support, practical advice and information advice for young people who are worried about themselves and feel like they want to harm themselves or take their own life, and all their advice is confidential. You can ring their line, HOPELineUK on 0800 068 41 41 or you can text them on 07786 209 687.
- **Samaritans.** Are an organisation you can ring if at any time of the day or night. They will help you and listen to how you're feeling. You can ring them on 116 123. You can also email them: [jo@samaritans.org](mailto:jo@samaritans.org)
- **Childline.** Will help you if you're under 19 and you can confidentially call, email, or chat online about any problem big or small. Their freephone 24-hour helpline is 0800 1111. You can sign up for a childline account on the website to be able to message a counsellor anytime without using your email address. Or you can chat 1:1 with an online advisor
- **Self-Injury Support.** Support for women and girls in the form of text, email, webchat and self-help. They have UK-wide listings for self-harm support and self-help tools, and help, support, training and resources. Email: [info@selfinjurysupport.org.uk](mailto:info@selfinjurysupport.org.uk).

### Useful Apps for managing Self-harm:

- **Calm Harm.** An App based around principles of dialectical behavioural therapy (DBT), developed by a clinical psychologist. Aims to help young people resist the urge to self-harm by using four task categories which reflect the reasons why many people choose to self-harm:



distract, comfort, express or release. Won Digital Innovation award category at the National Positive Practice in Mental Health Awards 2016. <http://www.stem4org.uk/calmharm/>

- **Self-Heal.** Uses DBT principles to help users resist the urge to self-harm. Also uses an image library for distraction and to promote recovery. <http://www.self-healapp.co.uk/Home/>

### Websites for information and tips about managing self-harm

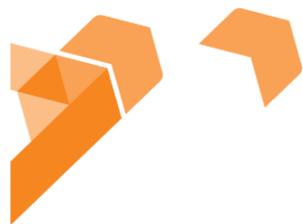
- **Alumni.** Not an app, but a website: This online course by selfharm.co.uk for young people aged 14-18 helps them find other ways of dealing with the ups and downs of life. <http://alumina/selfharm.co.uk/>
- <https://www.mind.org.uk/>
- <https://www.rethink.org/>

### Strategies for in the moment

If you find yourself experiencing distressing feelings more and more during the COVID-19 pandemic, then it is a good idea to talk to a mental health professional. They can help you manage your distress and also work with you to find ways to stay well. Your GP can help you find a service close to you, or you can search for one on the NHS website.

It is important to remember that the thoughts of hurting yourself will pass. There are things you can do right now to help you cope with the distress you might be feeling. It can help to come up with a list or a plan that you can follow whenever you feel like hurting yourself. These things all work differently for different people, so find the one that works best for you:

- Get through the next 5 minutes. Focus on what you can see, hear, smell, touch or taste.
- Talk to someone you trust. If that person doesn't live with you, you can call them by phone or video call
- Talk to someone on a helpline for people who are struggling with their mental health. (See the 'What resources are there out there?' section below for useful helpline suggestions, as well as other helpful resources.)
- Remove anything sharp or dangerous you might use to hurt yourself, or ask someone else to do this for you
- Distract yourself. Listen to music, watch a video, have a hot shower or find something else to do in the house that can help take your mind off how you feel.
- Go outside for one form of exercise each day. Go for a walk, run or cycle, while following the government's advice on social distancing, to make sure you get some fresh air.
- Try to find something relaxing to do. Focus your mind through meditation, yoga, muscle relaxation or mindfulness activities can help reduce some of the physical tension you might be feeling.
- Find another way to express your feelings when you have the urge to harm yourself, such as painting, drawing, screaming into a pillow or drawing red lines on your skin,



- Give yourself 'harmless pain'. For example, eat a hot chilli, squeeze ice cubes or have a cold shower.
- Write a diary or a letter to express your feelings. No one else ever needs to see it.

### A-Z of distracting yourself from self-harm (Source FLASH – Families learning about self-harm)

Often the best thing to find out what has worked for other people who understand where you are coming from. The Site.org asked young people from young people’s mental health service 42<sup>nd</sup> Street to come up with some of the alternative to help them.

- Alternative therapies, massage, reiki, meditation, acupuncture & aromatherapy
- Baking, bake a cake, cookies or something tasty
- Clean
- Craft – draw, paint create
- Dance your socks off
- Eat sweets or chocolate
- Exercise for a release of endorphins and that feel good factor
- Forward planning – future holidays
- Go for a walk
- Go online and look at websites that offer advice and information
- Hang out with friends or family
- Have a bubble bath
- Have a good cry
- Hug a soft toy
- Invite a friend round
- Join a gym
- Knitting
- Listen to music
- Moisturise
- Music – sing, play an instrument
- Open up to a friend or someone in your family about how you are feeling
- Pop bubble wrap
- Phone a helpline or a friend
- Play games – board games, computer games
- Play with a stress ball or make one yourself
- Read a book
- Scream into an empty room
- Tell or listen to jokes
- Use the internet
- Visit a zoo or a farm
- Volunteer for an organisation
- Watch TV or films – particularly comedies
- Write: a diary, poems or a book
- Yoga
- Zzzzzz – get a good night’s sleep

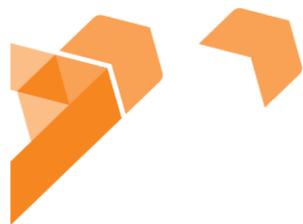
### Things to keep you busy at home (Created by young people attending Hope)

#### Self-care

- Sit outside
- Rest
- Cloud watch
- Star gaze

#### Games

- Board games
- Card games
- Computer games



- Dye / cut hair
- Less online time
- Paint nails
- Be kind to yourself
- Meditation
- Positivity
- Online shop
- Netflix
- Do makeup
- Nap (in moderation)
- Read
- Mindfulness

#### **Learning Skills**

- Learn a new language
- School work
- Creative writing
- Research interesting topics

#### **Connect with others**

- Friends
- Family
- Pets
- Neighbours
- Help others
- Skype / facetime
- Text
- Phone call

#### **Organise**

- Routine – create a timetable
- Tidy room
- Create goals

#### **Exercise**

- Yoga
- Dance
- Pogo
- Skipping
- Trampoline
- Frisbee
- Walk
- Jog
- Online Lessons
- Run

#### **Prepare Food**

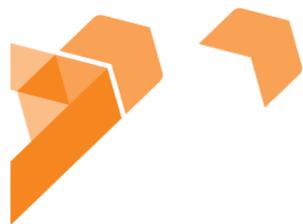
- Bake
- Cook
- Discover new recipes
- Try new food
- Make meals for / with family

#### **Getting creative**

- Photography
- Art (paint, draw, colour...)
- Colouring books
- Draw a mandala
- Watch musicals on YouTube (Andrew Llyod Webber on Fridays)
- Follow tutorials
- Listen to music
- Make different playlists
- Learn a performance / song
- Learn a new instrument
- Make music

### **Apps to keep you busy (Created by young people attending Hope)**

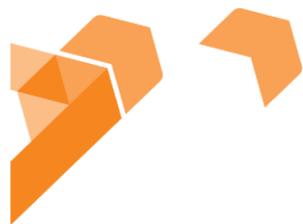
- Duo lingo
- Khan Academy
- Drops (learning a new language)
- Sky Map
- YouTube



- Pinterest
- Music tuner
- Simply piano
- Daylio (mood tracker)
- Pixels (mod tracker)
- Shopping (EBay, amazon, Depop)
- Games (Sudoku, 2048, words with friends etc.)
- Colouring Apps

## References

(Above Sources: <https://www.rcpsych.ac.uk/mental-health/treatments-and-wellbeing/covid-19-self-harm-and-suicide>)



## Combating Loneliness During the Covid-19 Lockdown

Social distancing and self-isolation can be hard to deal with. It's normal to feel anxious, frustrated or bored, and if you're worried about the effect it will have on your mental health, you are not alone. Here are our tips for looking after your wellbeing during the quarantine.

If you are self-isolating or social distancing because of coronavirus (COVID-19), it is important to look after your mental health. Here are some tips that may help.

**Staying connected.** Video calls - Phone calls are amazing and are a great way to stay connected, but seeing someone's face really can make a huge difference on a call. It can lift your mood and make you feel less lonely. There are lots of free video calling services you can use, and if you can connect to Wi-Fi, this will help if you're worried about your data allowance. Don't be shy about going on camera – your loved ones will appreciate seeing you, even if you're in your pyjamas! You could brighten someone's day.

**Find a positive online community.** There are lots of positive online communities, where you can make new friends, get inspired and chat about things you care about. You could try searching for groups involved in causes, music or TV shows you are passionate about. But remember to avoid anything that encourages you to do things which are harmful to your physical or mental health. If you're worried by things you're experiencing online, talk to someone you trust.

**Reach out.** You are probably not the only person feeling worried, bored or frustrated. It's a good time for a catch-up, so don't be afraid to make the first move and reach out to someone you haven't heard from in a while. They'll probably be very grateful to hear from you. Send them a message and let them know you care.

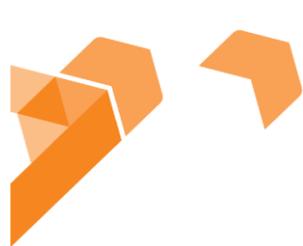
### Staying calm

**Mindfulness.** There are lots of great free apps you can use to guide you through breathing techniques and meditation that can help ease your anxiety and clear your mind of anxious thoughts. We like to use Headspace. Why not also try some yoga as a way to relax and also get some gentle exercise which can boost your mood? There are lots of YouTube videos you can use to suit your ability and level of mobility.

**Take a break from the news.** It can be tempting to constantly check the news during times like this, but if you notice this is having a negative impact on your mental health. Try limiting how often you check the news.

**Read a book.** Getting away from screens and reading a book can help you escape for a bit. Why not re-read one of your favourites, or get a friend to recommend one? It might be difficult to get a new book, but you can access lots of books online.

**Plan your days.** Your normal routine might be disrupted and that can be stressful. Take some time to write down how you want to spend your day. Creating and sticking to a new routine will give you a



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sense of order and normality. Decide on your new routine and make sure you build in time to do things you enjoy. If you live with other people, you could ask them to help you.

**Feel productive.** Make a list of all those things you said you would do but never get round to. It could be sorting out your wardrobe, doing some gardening, fixing things around your living space etc. These tasks can make you feel productive and give you a sense of accomplishment. Tidying your living space can also make you feel calmer and more positive.

If you want to take time off to rest and not be productive, that's also fine too. Listen to your body.

**Online games you can play with friends.** Board games can be a great way to spend time with friends or family while giving you something to focus on. You can play a lot of these games online, like Monopoly or Chess, or via apps like 'Words With Friends 2'.

**Practice gratitude.** There's a lot of research around gratitude, which shows that being grateful can improve psychological health, reduce toxic emotions, and increase empathy. You can take a few minutes and write down a few things you are thankful for. If you find it challenging at first, focus on just 2 or 3 things. It doesn't have to be significant.

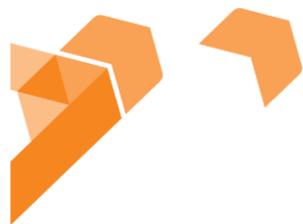
It could be that you're grateful for how the sun feels on your skin, or that your friend makes you laugh, or that your mum made your favourite breakfast. Or it could be big things like you're grateful for:

- your family, people who love you
- your support system.

You can write them on a slip of paper and put them in a jar. That way, you can physically see them all. Or you could take strips of paper and make a paper chain of gratitude that you hang in your room. Or you can write it in a journal.

## References

- Coping for Kids website: <https://copingskillsforkids.com/coping-with-coronavirus>
- Youngminds: [https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/?gclid=EAIaIQobChMIImPCb2dOL6gIVmpntCh3B4AGIEAAAYBCAAEgLjp\\_D\\_BwE](https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/?gclid=EAIaIQobChMIImPCb2dOL6gIVmpntCh3B4AGIEAAAYBCAAEgLjp_D_BwE)
- Barnardo's: [https://www.barnardos.org.uk/blog/combating-loneliness-during-lockdown?gclid=EAIaIQobChMIImPCb2dOL6gIVmpntCh3B4AGIEAAAYAAEgKcOvD\\_BwE](https://www.barnardos.org.uk/blog/combating-loneliness-during-lockdown?gclid=EAIaIQobChMIImPCb2dOL6gIVmpntCh3B4AGIEAAAYAAEgKcOvD_BwE)



## Relationships and coping with conflict

During COVID-19, public officials have urged people spend more time at home in order to stop the spread of the virus. Spending time under the current circumstances may mean that you get into more arguments or conflicts with those around you. The lockdown measures are restricting our movements and it can be difficult to get some privacy or alone time. We are likely to get annoyed or just plain angry with others at times. The conflict in households during lockdown may have been something that has existed before, or it may be caused by the current situation. Conflicts can arise when you disagree with somebody about something, or you don't like how someone has reacted to something.

### Dealing with stressful situations at home

**Walk away from tense situations if you can.** Being cooped up with other people will naturally be frustrating and might create tension between you and those you live with. You can defuse difficult situations by walking away from arguments until everyone starts to feel calmer. If you and those you live with do not have any coronavirus symptoms, you could go outside for a walk.

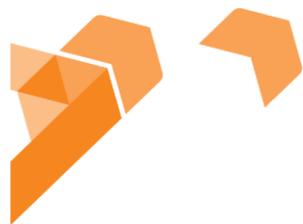
**Create a rota.** If you're in a situation where lots of people are fighting over who gets to decide what you watch on TV, who cooks and cleans, or anything else, you might find it helpful to create a rota. This can help you agree to a fair system and help avoid arguments.



**Coping with conflict.** During an argument, sometimes our emotions can take over and things can escalate very quickly. We may struggle to express our thoughts and feelings in a calm and reasonable way. Stress and anxiety stimulate our brains to react and our bodies produce hormones which can lead to aggressive and unhelpful behaviour.

**Below are some steps to take to de-escalate conflict and calm the situation down.**

- **Take a slow, deep breath:** As you take a deep breath, try and check in with yourself. Try and pay attention to your physical sensations and the thoughts that are coming up.
- **Listen with interest** – Try to think about how things are from the other person's perspective and to understand their viewpoint. Try to give the other person uninterrupted time to speak.
- **Tackle one issue at a time** – Focus on the most important things and talk about these one at a time. Think about whether you can let some issues go.
- **Take a step back:** If things are still escalating, take yourself away from the stressful situation and agree a suitable time to talk. Make a list of activities that help improve your mood – drawing, taking a long shower, going for a walk, going to the gym, cooking, journaling, playing music.



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- **Write down your negative thoughts:** recording your negative thoughts can be a great way to release that negative energy.
- **Be open-minded:** Remember there may be a number of solutions to the problem you are discussing. Be creative and be prepared to compromise.
- **Focus on what you can control,** not what you can't. You are responsible for your own behaviour. Think about what you can do or say to try to have a helpful conversation.

If you have concerns about your own safety, or the safety of your children, or your own behaviour because of violence or abuse, alcohol or substance misuse, or other issues, professional advice and help is recommended.

### Resources

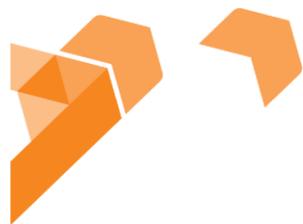
- **Relate** <https://www.relate.org.uk/relationship-help/help-relationships> - offers advice and information on relationships, including issues around domestic abuse.
- **SupportLine** <https://www.supportline.org.uk/problems/relationships-and-family/> - offers confidential emotional telephone support in the UK for men, women, children and young adults
- **National Domestic Violence Helpline** <https://www.nationaldahelpline.org.uk/> - A 24 hour free helpline run in partnership between Women's Aid and Refuge.
- **Mind** <https://www.mind.org.uk/> - Dealing with mental health in relationships

### Useful books

- **Banish Anxiety** by Dr Kenneth Hambly ISBN 0722531125
- **Embracing the Fear: Learning To Manage Anxiety & Panic Attacks** by Judith Bemis ISBN 089486971X

### References to pictures

- <https://www.northwoodsunitedway.org/conflict-resolution-tips-inspired-character-playbook>



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## The Impact of Covid-19 on the LGBT Community

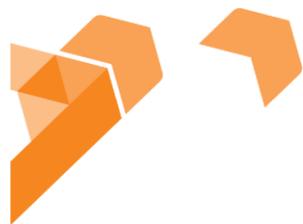
Lockdown has brought its challenges for everyone, but the impact on the LGBT+ community has, for many, been much greater. These challenges must be acknowledged openly.

- Pride month celebrations were cancelled – this is an event that means a lot to many people, meaning the loss of a yearly opportunity to be among supporters, sympathisers and peers.
- In the same month, the NHS took over all the Pride-ready paraphernalia, adding the NHS logo to buses, flags and merchandise. Sometimes organisations were flying the Pride flag, but it wasn't clear whether for Pride or for the NHS – many of the LGBT+ community feel hurt that this was allowed to happen, even while showing support for the NHS. It felt like the message behind this was that it was okay to steal your group's identity.
  - It's worth noting here that the rainbow alone is fine as a symbol of support for the NHS, but the Pride flag is different.
- At the same time Pridefall emerged. This, fortunately, waned very quickly. However, through social media many intimidating threats were made, suggesting that the LGBT+ community was not normal or accepted. Many people had to make their social media accounts private and close DMs (direct messaging facilities), which for some is their lifeline, and online Pride events were sabotaged.
- For a significant number of young people, home isn't always a safe place, where being different isn't accepted, and some feel as if they have to hide their true selves. For those people, lockdown has been potentially very isolating. Video calls in support groups have raised safeguarding issues; young people have had to delete forums of support where some families have found out and disapproved.

***“Being different shouldn't divide people”*** (quote from a young person).

### Tips for coping

- Remember, you are not alone, support is still available, if limited and different- (see list at the end of this leaflet).
- Consider how you have been managing so far.
- Who have you been able to reach out to? Have there been new people who have been a source of strength and support?
- What strategies have you used to manage your mood and anxiety? Maybe walks outside, connecting to nature, watching TV with a family member, making a scrapbook of your lockdown experience, arts and crafts, discovery of a new skill, discovery of organisations who are there to listen and support.



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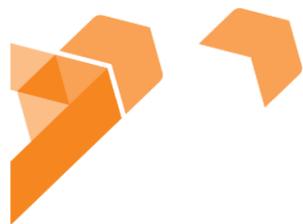
- If you are struggling with your mental health, consider the factors that perpetuate your feelings. Is it possible to change these factors, or change the way you think about them?
- What are your protective factors – what do you have in place to keep you safe – within yourself, within your family, among your friends and the wider community?
- Think about your future – what do you have to look forward to? It could be as simple as meeting up with friends, a future with acceptance, the career path you want to follow and how you're going to get there.
- Make a list of all the positives you already have in place, add to your list when you discover something new, and use it to remind yourself of what you have in place and to look forward to.
- Create a 'Wellbeing Toolbox' – put in it any sensory items that you enjoy fiddling or creating with – tangles, putty, wool for knitting/crochet; plus a list of all the things that work for you – how you relax best – breathing, meditation, who you can talk to, a journal of thoughts/feelings, what exercise helps you – running, yoga, cycling, and how you feel after, a list of your accomplishments, puzzles/games to help challenge and distract you, a list of what makes you laugh – add to this every time you find yourself laughing, make a list of hobbies you'd like to try and work through it...
- Change your outfit – wear something you feel great in.
- Do something for someone else – this is great for your wellbeing.
- Do something to treat yourself, and do it mindfully, with intent that this is something special for you.

### So, what will a return to school look like?

For most young people, return to school will mean a re-connection with other young people; an increase in the social connection that has been so vastly reduced; an increase in exercise and time outside (for some); a return to a regular routine. Gradually there will be a re-emergence of support groups that you can attend in person, if personally distanced. Support through messaging is great, but if you've been worried about what you can and can't say, face-to-face will bring the ability to be honest and open, along with the support and relief that will inevitably bring.

### Resources

- This website has links to local **Twister** youth groups, emotional support, and information links for parents and schools. <https://www.surreycc.gov.uk/people-and-community/families/support-and-advice/young-people/lgbt-support>
- **Twister** - Youth Workers from Surrey County Council run Twister, which is a safe space where young people can meet to get support, make friends, and take part in fun, creative and awareness raising activities. It is for young people age 13 to 19 and up to 25 if the young adult has special educational needs or disabilities (SEND).

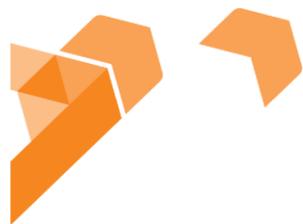


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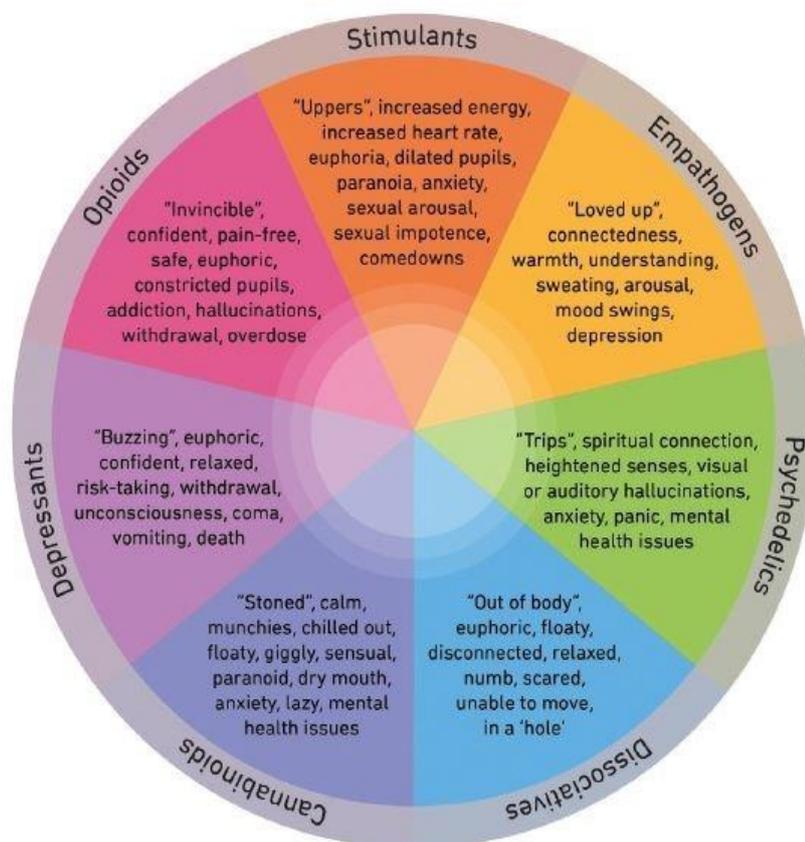
- **Guildford** - contact Marie Flude on 07812 758075
- **GLEE!** in Spelthorne - contact Louise Champion on [louise.champion@surreycc.gov.uk](mailto:louise.champion@surreycc.gov.uk)
- **South East Surrey** - contact Darren Smith on [darren.smith@surreycc.gov.uk](mailto:darren.smith@surreycc.gov.uk)
- **Woking** - contact Sandie Bolger on 07854 511336
- **Switchboard**: is an LGBT+ Helpline – 0300 330 0630, where all the volunteers who answer the calls are also LGBT+. Callers can discuss any concerns they have, including coming out and relationships <https://switchboard.lgbt/>
- **Outline** - <https://outlinesurrey.org.uk/> 01483 72767/07451289261 for struggles with sexuality and gender identity.
- **Stonewall** – <https://www.stonewall.org.uk/> - working towards growing awareness and acceptance for all kinds of difference, even providing free training for teachers!
- The Albert Kennedy Trust - <https://www.akt.org.uk/> - supports young people who are homeless or at risk of being homeless



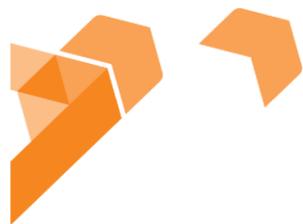
## Substance Misuse and Covid19 - Staying Safe

### Surrey Young People's Substance Misuse Service

The current global COVID-19 pandemic has created many challenges for people around the world. Some people may have noticed their drug and/or alcohol (substance) use increasing, some may be finding it harder not to use substances and some people may be concerned about someone they know that is using substances. The way that people communicate and reach out for social support has changed as a result of spending more time apart; however, support is still available, and it is okay to speak to someone if you are concerned about your own or someone else's substance misuse. This leaflet is for young people, parents and professionals affected by substance misuse who would like to find out more about how they can keep themselves and other people safe during these unprecedented times



**Overdose** - An overdose happens when you take too much of a substance and overwhelms your body which makes it shut down. ***If you think that you or someone you know may have overdosed, contact 999 or go straight to A&E immediately. The quicker you do this, the greater the chance of survival.***



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**Mixing Substances** - Some people choose to mix substances, particularly with alcohol - this significantly increases the potential harm that could be caused and can carry a high risk of overdose.

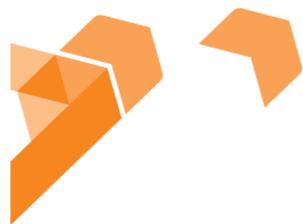
**Relationships** - Many substances affect the part of your brain that is responsible for self-control, decision-making and logical reasoning; they can cause people to act and behave in a way that they would not normally do. People using substances may experience extreme mood swings and can be unpredictable. This can have a negative impact on family, friends and the wider community, and can result in a breakdown in relationships. When faced with a young person behaving this way, it is not always easy to remember that it is the substance and not the young person that you are seeing.

**The Unknown** - You never truly know what is in the substance you are taking... even alcohol contains many chemicals that most of us have never heard of. People often refer to taking substances as a 'Russian Roulette' and unless you are a chemist with a testing lab, you never know what is in the drug and how your body is going to react to it.

Just because you have taken a drug before, for example cannabis, and never experienced any negative effects, does not guarantee that you will have a positive experience every time

### Tips to keep you safe and reduce the harm

- **Talk to a trusted adult** - if you are struggling with substances or know someone who is. This could be a parent, GP, friend, mental health professional or teacher. They may be able to provide you with support and signpost you to services that can help.
- **Go straight to A&E or call 999** and ask for ambulance if you start to feel unwell or a friend appears unwell as a result of taking a substance. Some people are worried about seeking help when things go wrong, however it is important to remember that health professionals are there to help you.
- **If you are using substances**, keep a diary of how much you are using. This could be on your mobile phone, on a piece of paper or on a computer. Knowing what you are using, how much and how often, can be helpful if you want to make changes to your substance use.
- **Do not consume or mix more than one substance at a time.** Some combinations can be harmful to your physical and mental health and increase the risk of overdose, which can be fatal.
- **If you are going to use a substance**, whether drugs or alcohol, start by taking a small amount and don't be tempted to take it all in one go. You cannot take a substance out of your body once it is in there, and if you are going to have a bad reaction it will last longer if you have taken a large amount.
- **Make sure** that you are in a safe place if you are going to use substances.



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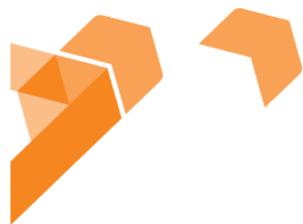


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- **Some questions to ask yourself include:** What are you using? Where are you? Who are you with and how are you feeling? All these factors affect the experience you are going to have. Be with people that you trust, then if the worst happens and something goes wrong, they can share information with a health professional, such as a paramedic, and this could save someone's life.
- **Substances can have a negative impact on your immune system** which can reduce its ability to fight off bacteria and viruses. We all need our immune systems to be working at their best to keep us healthy during this pandemic, so try to keep your use to a minimum and make sure you are taking care of yourself, for example eating well and getting regular exercise.
- **The best way to keep safe is not to use substances at all.** COVID-19 can survive on surfaces such as fabric, plastic and other materials that may be used to keep substances in, for example small plastic bags. If you are buying drugs/alcohol, sharing equipment such as a lighter, or coming into any contact with others then you always need to remember to wash your hands as soon as possible and carry a hand sanitiser.

### Tips for parents/guardians and teachers

- **According to** the 'Smoking, Drinking and Drug Use among Young People in England' survey (2018) of pupils in secondary school in years 7-11, 24% of pupils reported that they had previously used substances and 9% had reported taking substances in the last month. Parents and teachers can be some of the most influential people in a young person's life, and there are things that you can do to help and support. Here are a few suggestions:
- **Educate** and inform young people to know about the risks and effects of substances. The FRANK website is an excellent resource.
- **Use a harm reduction approach.** Some young people will choose to use substances despite your best efforts to intervene. It is therefore a good idea to let young people know ways that they can reduce their risk of harm. For example, not to mix substances, taking a small amount as opposed to a larger dose, etc.
- **Encouraging young people to stay safe.** Exploring ways with the young person that they can keep themselves safe if they are going to choose to use substances. For example, when your young person is going out, have they got their phone charged? Do they have credit if not on a contract? Do they know who to call if they get into any sort of danger/ trouble? Who are they going to be with? Where are they going to be? Supporting your young person to think about the potential risks and how they might respond if something happens, will help to keep them safe.
- **Be ready to listen.** Let the young person know that you are there for them and will not judge them, this will help to encourage them to be more open with you. Wherever possible

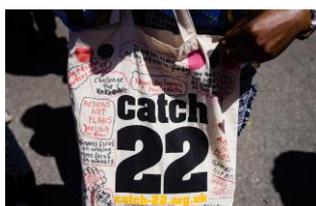


encourage communication and try to avoid confrontation; ask the young people to explain why they are using substances, what does it feel like, etc.

- **When supporting the young person**, be aware of the balance between supporting and ‘enabling’ them to use substances – For example if they ask you for money to go and see a film and you think they will use the money to buy drugs or alcohol, you could book the cinema ticket online for them instead.
- **Agree and set boundaries with the young person.** Young people may be more responsive if they are given some level of responsibility with this. You can do this by asking the young person what they think that they can do to help reduce or abstain from using substances and making an agreement around this.
- **Try to be positive.** This is not always easy... As parents/adults we can understandably get caught up focusing on the negatives, particularly when the young person’s behaviour is challenging and impacting on themselves and others around them. Remember to look for any positives and reinforce these with rewards such as a verbal praise, treats and sharing a favourite meal or movie together. A small achievement for the young person, may be having a substance free day, seeking support, achieving a personal goal or sticking to a boundary.

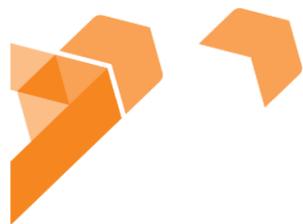
## Resources

- **Frank.** Drug Information for Young People: [www.talktofrank.com](http://www.talktofrank.com)
- **Catch22 Surrey Young People’s Substance Misuse Service** is a county-wide specialist treatment service, offering; one-to-one support to young people and their families, a 24 hour help line, counselling and pharmacological support, as part of a tailored recovery approach for young people aged 11 to 25-years -old, successfully delivering positive outcome for the young people we work with.



- **24/7 Helpline** – 0800 622 662,
- **Tel:** 01372 832905 / 07579 088388,
- **Email:** [yposm@catch-22.org.uk](mailto:yposm@catch-22.org.uk)
- **Website:** [www.catch22.org.uk/services/surrey-young-peoples-substance-misuse-service/sm@catch-22.org.uk](http://www.catch22.org.uk/services/surrey-young-peoples-substance-misuse-service/sm@catch-22.org.uk)

“I learned so much about myself through having the support with Catch 22. My worker and I talked about what I have been going through, he listened to me and never judged me; it was a safe place for me to really talk”



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## Eating Problems

During the COVID-19 lockdown and the relaxing of the lockdown phase, you may have noticed that your eating habits have changed, or you are thinking more about eating or not eating, wanting to exercise, or eating healthier. We have developed this leaflet to help you understand what eating problems are and what you can do to support yourself. We will not go into detail explaining what eating disorders are, but if you want to find out more, you can explore our resources and references for further reading.

**What is an eating problem?** Food plays an essential part in our lives, and many people will spend time thinking about what they eat. The way we relate to food often changes. At times we may try to eat healthier, eat too much, or lose appetite, especially when feeling stress, some people may eat comfort food if they feel stressed or unhappy and have cravings. Changing eating habits like that is normal. You may want to know that lots of people worry about what they look like and from time to time might be unhappy with their weight or shape – this is very normal. Many people also try to diet for the very first time in their teens. However, if you aren't eating a regular balanced diet over a long period and become preoccupied with your body shape, it could start to become a problem. Wanting to be healthy and to feel fit is good for your mental health. Yet, at times, emotions and feelings can become blurred and lead to an eating problem.

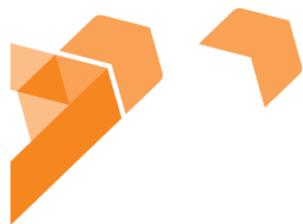
**An eating problem is** when someone's eating habits become unhealthy, such as eating too much or eating too little, becoming really controlling about what they eat and being really unhappy, worried and preoccupied with things such as weight and shape. An eating problem may develop into an eating disorder, and this is when behaviour meets the medical criteria for a diagnosis.

### How can you help yourself?

**Understand the reason for eating.** Have you ever considered why we eat? In fact, there are many reasons! We eat to fuel our bodies and brains, but we also eat for pleasure—as part of our socialising as humans, to celebrate certain occasions, perhaps in response to feeling tired, sad, anxious, or happy, or just because we feel like it! All of these are valid, normal reasons for eating.

**Recognise how much to eat.** It can be difficult to know how much energy our body needs for the day and therefore what portions to aim for at our meals and snacks. Essentially, weight maintenance occurs when our energy input and energy output are balanced. The amount of food required will differ from person to person based on a number of factors including their base metabolic rate and level of activity, their height, weight, and overall build, their age, gender, race etc.

**Learn what kinds of foods to eat.** In terms of what we eat, it might help to consider your consumption across the whole day, as well as the content on your plate at each meal. There are six major food groups, and we need to get a balance of three main nutrients: carbohydrates, proteins, and fats. It's also totally normal to include foods, purely for our enjoyment. like cake, chocolate, or chips. Sometimes the important thing to remember is to eat everything in moderation. That's what makes for normal, balanced, non-disordered eating. The key is having a balanced intake with many different



foods from all the different food groups. It is important not to deny yourself pleasurable foods. Eating should be nice.

### **Eating regularly:**

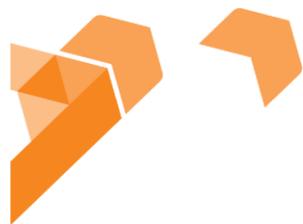
- Gives structure to your eating habits, so that eating can start to become a regular, normalised part of your life.
- Minimises tiredness, irritability, and poor concentration
- Helps to combat delayed or infrequent eating
- When eating regularly, you are less likely to become overly hungry and feel out of control of your eating
- Improves metabolic functioning and prevents your body from going into “starvation mode”

**What do we mean by Regular Eating’?** Changing your eating habits can feel overwhelming, so regular eating is a great place to start. Establishing regular eating habits is key to overcoming your eating difficulties. It is very common amongst people with disordered eating for their eating to be irregular, infrequent, or delayed eating. For example, you may have a rule that you don’t eat before midday, or perhaps you’ve become accustomed to having a small breakfast and then not eating again until dinner time, or maybe you find yourself snacking and grazing throughout the day without sitting down for a proper meal or snack. Ideally, humans function best when we eat regularly throughout the day; this means eating every 3 hours. For many people, regular eating involves eating 3 meals and 2-3 snacks.

It’s also important to make sure you are drinking an adequate amount of water—although not so much that you feel overly full and it discourages you to eat your next meal or snack! Water allows the body to absorb nutrients from food and transport them around the body. Health professionals recommend adults drink about 2L water daily. Failing to drink enough water can lead to dehydration, which can negatively impact our physical and mental functioning.

### **Our top tips**

- Eating a healthy, balanced and varied diet and keeping active will help you maintain a healthy weight and a healthy attitude towards food!
- Planning ahead can avert disaster. Plan when and what you will have for your snacks and meals.
- Try to eat with other people, enjoying the social element of the meal rather than the focus being on the food.
- Take things one day at a time, each meal at a time. If you have a difficult meal or snack, start the next one afresh.
- Find things that will motivate you to maintain a healthy eating pattern when things are hard.
- Consider carrying a snack with you in the car or your bag, in case you get caught out of the house at mealtimes.



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- Get some help by talking to a friend, family member or approaching your GP. Try to be honest about how you are feeling with those around you. The quicker you can get help for your difficulties, the better the outcome.
- Learn how to be kind to yourself; you may want to start with doing things that will help you feel relaxed and good.
- Boost your self-esteem; maybe ask your best friends to share with you what they like about you, or perhaps you may make a jar of positive affirmations and reach out to it every day or when you feel low.
- Do seek help if you think you may have an eating disorder and discuss this with your GP or your family.
- You can also find some useful information by contacting Beat, the UK's eating disorder charity <https://www.beateatingdisorders.org.uk/> or your GP.

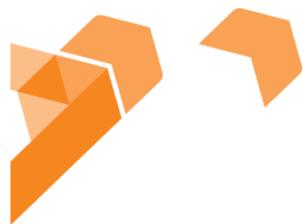
Most importantly, you may not believe it yet, but you are beautiful and amazing as you are!

### Resources

- **b-eat.co.uk** The UK's leading charity supporting anyone affected by eating disorders, anorexia and bulimia. Beat services for young people (under 25): Youth line: 0845 634 7650, Mon-Fri 4:30pm-8:30pm, Sat 1pm-4:30pm, Email: [FYP@b-eat.co.uk](mailto:FYP@b-eat.co.uk)  
Helpline: 0808 801 0677 for parents and carers.
- **eating-disorders.org.uk**. The National Centre for Eating Disorders – a confidential counselling service that runs counselling and workshops for people with eating disorders. Helpline: 0845 838 2040

### References

- <https://youngminds.org.uk/media/1517/youngminds-eating-problems-yp.pdf>
- [https://www.bdct.nhs.uk/wp-content/uploads/2019/05/Booklet-UnderstandingEatingProblems\\_MIND.pdf](https://www.bdct.nhs.uk/wp-content/uploads/2019/05/Booklet-UnderstandingEatingProblems_MIND.pdf)



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## Fun things to do

Is lockdown boredom getting to you? Do days seem like they are blurring into one? Do you feel you are getting anxious and irritable, not sleeping? You are not alone....

With so much extra time stuck in the house, the temptation is there for all of us to spend our days watching Netflix and Youtube or endlessly scrolling through TikTok. But there are other ways to keep yourself entertained, you just need to look!

It's really important that we keep ourselves mentally well on the inside and that we spend time doing activities that help to keep us physically well on the outside. Being active helps to give us a sense of normality, helps to keep us grounded and stops us feeling anxious and low in mood. This involves making a daily routine where we connect with others, do things we enjoy, exercise, relax, eat well and get a good night's sleep.

The news out this week, that many of you will be at home until September, makes us realize that change is with us for months, not weeks. We need a rhythm to keep us healthy and happy during this time. We are going to concentrate on planning **one day at a time**. Planning for one day at a time is enough when everything feels uncertain and unsettling. It helps us to feel a little bit more grounded. Having some stability in our day helps our mental health and even brings some happiness too. In this time of change it is so hard to keep grounded. And yet keeping grounded is what we need to focus on. It helps to make a plan that starts with the basic building blocks of life. The four building blocks we need for creating a daily rhythm for ourselves are: **Sleeping, Eating, Exercising and Delighting (SEED)**.

### Planning one day at a time

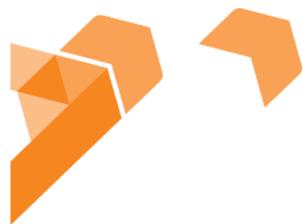
If you are a night owl you might like to do this in the evening, and if you are an early bird, then you may prefer first thing in the morning, perhaps before others rise. Start by taking a piece of paper, and write down timings for the day ahead:

- Take a bath. Write it in the plan!

Only once these basics are written down, can you add home learning. You will then notice that you will become more productive with your school work, any normal anxieties will begin to reduce and you can start thinking in a more positive way. As you get really good at this it can be helpful to make plans for the future events after lockdown. Please remember to ensure you keep safe whilst being online. Top tips can be found on: <https://young.scot/campaigns/national/digi-know-keeping-safe>

Here are some thoughts to help you keep emotionally balanced:

- **Connecting with others.** There are numerous studies to say social support is key to maintaining emotional well-being and can help you to build up resilience for when life gets tough. We know it's not easy missing social contact and not being able to spend time with the



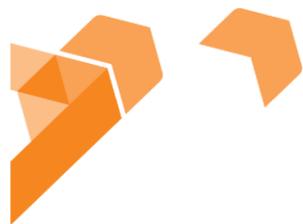
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people that are closest to you. It may feel that your support network has been taken away and that you feel stuck, with no personal space. The summer is what you have been waiting for: the end of school, your prom, long weeks of freedom. Having all of it cancelled and having nothing to replace it can be really difficult for you to accept. Celebrating a Birthday during Covid-19? Check out: <https://young.scot/get-informed/national/celebrating-your-birthday-during-the-coronavirus-covid-19-outbreak>

- **Reach out to good friends regularly** and chat about your day on platforms such as Zoom or WhatsApp, tell jokes, have a laugh, watch a virtual movie together, organise a quiz night. Think about the things you liked doing with your friends before lockdown and try and come up with some creative ways to still share those interests. Here are a few suggestions....
- **Play Come Dine with Me:** Everyone hosts a night, everyone gives a score, and the winner gets.....
- **Complete an Escape Room:** Challenge your family or friends to survive an escape room, and now it's possible to do it virtually. Have a look at [Durham Escape Rooms](#) for their online challenge. A must as a group. So much fun.
- **Plan a holiday:** Agree a budget then plan the perfect family holiday. Who can think of the most exotic location? Perhaps plan alternate ways to travel.
- Play a board game, cards.
- Bake off- may the best creation win!
- Design your dream house, make it as luxurious as you like.
- **Exercise.** To reduce feeling anxious, think about getting active. Getting even a little bit of regular exercise works off stress hormones and promotes well-being, helping us to prepare for the next challenge. Exercise releases the feel good hormones such as endorphins, keeps us in good physical condition and provides us with a distraction from every day activities. If you find it hard to get an exercise program going, start by trying a short walk every day just to get out of the house. You don't need a super gym, get creative and get those feel good hormones flowing.
- **Challenge yourself to make a difference.** Volunteer and make valuable funds to help others, sign up for adrenalin busting ideas in 2021. From adventure treks to Ican100mile challenge- You can run, walk, cycle, swim or hike it, either on your own or in a team over any length of time you can manage. For example, you and four of your friends could each cycle 20 miles in a day – a total distance of 100 miles between you. <https://eikon.org.uk/get-involved/run-ride-hike-swim/>
- Interactive games, sports, puzzles etc. <https://www.crazygames.com/game/punchers>
- **Research shows that spending time in natural surroundings** can benefit our mood, boost our performance (really helpful for completing that school project) and can help us to maintain a sense of focus. If you can't get outside, some studies have found that even looking at pictures of nature can give us some benefit.
- **The United for Wildlife's first ever open access online conservation platform!** This is where you will find a variety of FREE online courses available to everyone, whether you have no prior knowledge in conservation or if you are a conservation expert. <https://glade.org/united-for-wildlife-free-online-courses/>



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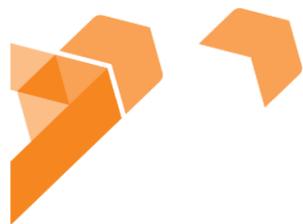


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- **If you have a dog**, try including him/her as part of your daily exercise regime. Not only will you be getting out and about but your dog will be too!
- **Relaxation**. Exercises can help you manage your reactions to stress, anxiety and worry which maybe more evident during this time. Relaxation exercises are a good distraction from worrying thoughts and reduce tension in the body. The exercises here include controlled breathing, muscle relaxation and guided imagery.
- **Controlled Breathing and Muscle Relaxation**. Long, deep controlled breaths slow down the breathing rate and help you to relax. Muscle relaxation involves practicing tensing and relaxing different muscles in the body. This helps you to recognise the difference between tense and relaxed muscles. <https://www.adolescentwellness.org/>  
<https://www.youtube.com/watch?v=r3ZhmH3U4CE-> shows guided relaxation for teenagers  
<https://www.youtube.com/watch?v=dEzbdLn2bJc-> guided 5 minutes of Mindfulness meditation
- **Mindfulness Activities** <https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips/>
- **Headspace**: meditation classes, give it a try.... It's seriously good for changing how you think about things, including coronavirus anxiety.  
<https://www.wheelofwellbeing.org/wow-yourself/3>  
<https://www.actionforhappiness.org/calendars>
- **Sleeping**. Not being as active during the day or not following our usual routines or worrying about Covid-19 can make us more likely to experience poor sleeping. Ensure you are eating healthily, taking exercise and getting outside at least once every day, connecting with your friends and family and taking regular breaks. Start winding down an hour before bed with relaxing activities to not only calm your body but your mind too, e.g. colouring, soothing music, warm drink, dark and well ventilated room. Try to resist the temptation to play on your phone or watch TV as it is telling your brain to stay awake! If you feel you are so worried that your sleep is affected it's really important that you share your thoughts with a trusted adult.
- **Eating**. A well balanced diet is essential to keep us healthy both physically and emotionally. Skipping meals can cause our blood sugars to drop which can affect our mood, making us irritable and affect our sleep. When we eat well we are more likely to have the energy to do the activities we enjoy. Try to stick to a routine of 3 meals a day with 2-3 snacks in between. Aim to keep busy during the day so that you can build up an appetite towards meal times. Restricting food will increase your symptoms of depression and anxiety. When you eat, try to eat mindfully, noticing the taste, texture, smell etc. of the food. If you are able, try to eat with people rather than alone as it can enhance the social experience.

### New things to try

- **Video editing**. Could you be the next TikTok sensation or even the next Spielberg? There are so many video editing apps out there for both computers and smartphones, making movies is easier now than ever before. Effects differ with each app so it's worth trying a few of them out

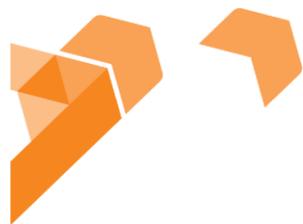


to see which best suits your needs, but basic software usually enables you to trim, split and combine videos and photos, as well as add effects such as music, text, voiceovers, colour and sometimes animation.

### Here are a few more to get you started

- If you're looking to work off a PC, **Animotica** is an easy to use video editor, movie maker and slideshow video maker for Windows 10.
- **iMovie** boasts the ability to help you make Hollywood style trailers and beautiful home movies quickly and simply.
- For a fun and easy way to make and edit your movies, **Majisto** Video editor is a good start. The app is designed to make sharing your creations on social media simple.
- **Start a podcast:** If your teenager fancies having a YouTube channel but is too shy to put themselves out there, a podcast might be a good alternative. It's super easy to get started, and podcasting is really taking off right now. There are lots of podcast hosting platforms, and most of them have really good guides to explain how to do it. [Podcast.co](https://podcast.co) allows you to download a pretty comprehensive guide with no obligation to sign up. Only once you have a recording you want to put on the podcasting apps do you need to pay for an account. If you've never listened to a podcast, here's mine – [Teenage Kicks](#), a mental health podcast aimed at teens and their parents. **Build a website:** Why not learn to code? [Code Academy](#) offers free coding classes online. You could build your first ecommerce site, or start a blog!
- **Music making.** Whether you're a talented musician or a complete novice, you only need a simple app to turn your musical ideas into a reality. Technology has advanced so much that you don't need a recording studio and a host of instruments to make toe-tapping tunes. People have recorded entire tracks just using apps like these:
  - Garage Band is a totally free and addictive app that has an impressive stock of professional sounds for you to choose from, including drums, keyboards, guitars, brass and strings. It also gives you the opportunity to record your own sounds - all from your phone.
  - Again, completely free, Band lab is an award-winning app that transforms your phone or tablet into a studio with 120 professionally created instruments. This website tells you where and when you can watch virtual music concerts for free <https://www.vulture.com/2020/05/all-musicians-streaming-live-concerts.html>
- **Books.** If you have any unread or forgotten books on your shelves, now is the time to dust them off and disappear into your imagination!

If you don't have access to any books, never fear! For as long as schools are closed, Amazon has vowed to make an incredible collection of children's audio books available, completely free. From Harry Potter to Winnie the Pooh, there's sure to be something for everyone. Check out [Audible](#) and see where the stories take you!



**catch  
22**

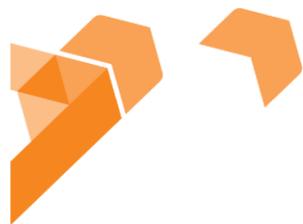


**NHS**  
Surrey and Borders  
Partnership  
NHS Foundation Trust

- **Arts and crafts.** A simple search on your phone or computer will reveal hundreds of thousands of art and craft ideas to keep you entertained for hours on end. Whatever your interests, be it drawing, painting, gluing, papercraft, colouring, textiles, playdoh, woodwork, or any of the other countless activities out there, there's something for everyone. <https://www.bbc.co.uk/newsround/52227592><https://www.wea.org.uk/LiveOnlineLearning/artsandcrafts> it give you courses in a variety of topics (The arts and crafts one looks good)
- **Create an Anime:** If your into graphic design, [Anime](#) is a good way to use time and learn a new skill.
- **The National Theatre** has launched a new way for audiences to access its productions online while closed, live productions free to watch at home. <https://londonist.com/london/latest-news/national-theatre-at-home>
- Learn a language for free <https://www.bslcourses.co.uk/>
- Travel and Tourism <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- **Do a virtual dive or space trip:** Watch [3D underwater videos](#) or space exploration on YouTube for a bit of escapism.
- **Write a letter:** I know, I know it's not cool. But what a wonderful surprise for Grandparents who would love to receive one. Failing that, a lot of nursing homes are looking for letters and drawings for their residents to read. (Check first that they're accepting external post).
- **Take an online photography course:** Now is the time to learn a new skill, and surprisingly there are tons of [photography courses online](#). Ideally you will need a DSLR camera but there are also courses in [smartphone photography](#) that focus on capturing interesting angles and concepts, and using natural light.
- **So remember**, there are so many ways to escape your boredom and boost your mental health. Eating junk food or spending too much time alone, not connecting with others may make us feel better in the short term, but if these habits continue long term they will create greater problems. If we rely on these habits as a way of coping with our uncomfortable feelings instead of confronting them we are preventing ourselves from taking back the control and moving forward.

## References

- <https://www.barnardos.org.uk/blog/how-relieve-boredom>
- <https://rudheathsenioracademy.org.uk/>
- [www.well-online.co.uk](http://www.well-online.co.uk)



## Nitrous Oxide Factsheet



- **Nitrous Oxide** is also known as: Balloons, noz, laughing gas, hippie crack and nos.
- It's a colourless gas that people inhale, usually via a balloon.
- You may have seen these canisters lying around on the street, in fields or areas where young people gather.

### What are the effects?

Nitrous oxide is a depressant drug, it slows down your brain and your body's responses.

The effects of the drug vary on how much you inhale, and can cause:

- Feelings of euphoria, relaxation, and calmness
- Fits of giggles and laughter (hence the term laughing gas)
- Sound distortions and hallucinations

### It can also:

- Give you a severe headache, dizziness, and nausea
- Stop you thinking straight
- Cause short lived but intense feelings of paranoia

Heavy, regular use can lead to a deficiency of vitamin B12 which can cause nerve damage and some types of anaemia

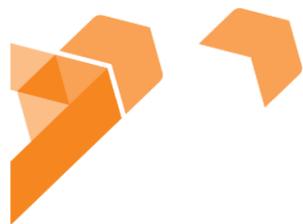
### Harm Reduction

- It can be extremely dangerous to inhale nitrous oxide directly from the canister – the high pressure can cause your throat to close.
- Avoid taking in an enclosed space and don't take too big a breath - If you have too much you can end up fainting, falling unconscious or suffocating from a lack of oxygen. People have died this way.
- Avoid using in potentially dangerous places where falls could cause injury
- Don't take with other drugs – mixing with alcohol is particularly dangerous as it increases risks associated with both substances
- Be with people who you trust

### Where can young people get help?

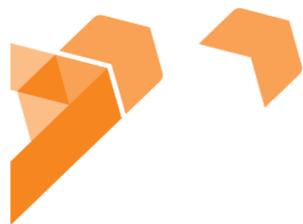
If you are a young person under the age of 25, living in Surrey, and need help with your substance use, you can contact:

- Catch22 on 01372 832905.
- To find out more visit: <https://www.catch-22.org.uk/services/surrey-young-peoples-substance-misuse-service/>

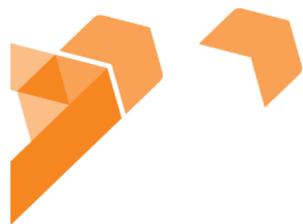


## Resources For Young People

- **Young Minds** provides advice about mental health and behaviour problems in children and young people up to the age of 25. <https://youngminds.org.uk/>  
The Young Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258. Parents' helpline 0808 802 5544 (Monday to Friday, 9.30 am to 4:00 pm).
- **Young Scot** is the national information and citizenship organisation supported by the Scottish Government for young people aged 11-26 in Scotland. The declared aim of the organization is to make young people informed, incentivised and active citizens through the information they provide. <https://young.scot/get-informed>
- **The Mix** provides a free confidential helpline and online service that aims to find young people the best help, whatever the problem. <https://www.themix.org.uk/get-support/speak-to-our-team08088084994> Essential mental health support for Under 25's, 1:1 online chat, crisis messenger service and helpline.
- **ChildLine** is a service to help anyone under 19 in the UK with any issue they're going through. Call ChildLine free on 0800 1111 or speak to a counsellor online. <https://www.childline.org.uk>
- **Kooth** is the UK's leading mental health and wellbeing platform. It is an online counselling and emotional well-being platform for children and young people age 11-18, accessible through mobile, tablet and desktop and free at the point of use. <https://www.kooth.com/>
- **Papyrus**: Offers advice and support for young people, parents and friends. HOPELINEUK – Call 0800 068 4141, Text 07860039967, Email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) (9:00 am – 10:00 pm, Mon – Fri, 2:00 pm – 10:00 pm Sat and Sun).
- **Samaritans** is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland, often through their telephone helpline. Call 116 123.  
<https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>
- **Child Bereavement UK** Information and helpline providing confidential support, information and guidance to young people, families and professionals affected by bereavement <https://www.childbereavementuk.org/> telephone: 08000 288840  
Information and helpline providing confidential support, information and guidance to families and professionals affected by bereavement.



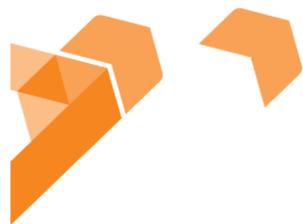
- **Winston's Wish** Information, advice and guidance on supporting bereaved children and young people during the coronavirus (COVID-19). Winston's Wish can provide advice and support to parents, teachers and anyone who is supporting a grieving child.  
<https://www.winstonswish.org/> telephone: 08088 020021
- **Mindful service** is for young people aged 16 to 25 who are going through emotional or mental health difficulties. Young people often access Mindful because they are finding it hard to cope in areas of their lives such as relationships, education and employment. Mindful works with young people who may not readily engage with services, such as those not in education, employment or training, or who may have difficulty accessing traditional mental health services. <https://www.sabp.nhs.uk/mindsightsurreycamhs/services/MH-LD/mindful>
- **Relate** provides free and confidential counselling to young people aged 10-18 year old.  
<https://www.relate.org.uk/relationship-help/help-children-and-young-people/children-and-young-peoples-counselling>
- **Heads Together** provides free and confidential counselling to young people aged 14-24 in East Surrey and works in partnership with Mindsight Surrey CAMHS Services.  
<https://www.ymcaeast Surrey.org.uk/our-services/youth/heads-together-counselling/>
- **Youth Counselling Service YCS**; provides free and confidential counselling to young people aged 12-24 year old with mild to moderate issues living, working or studying within West Surrey and North East Hampshire.
- **Catch 22 Surrey Young People's Substance Misuse Service** is a county-wide specialist treatment service, offering; one-to-one support to young people and their families, a 24 hour help line, counselling and pharmacological support, as part of a tailored recovery approach for young people aged 11 to 25-years -old. **24/7 Helpline** – 0800 622 662, **Tel:** 01372 832905 / 07579 088388, **Email:** [ypsm@catch-22.org.uk](mailto:ypsm@catch-22.org.uk) **Website:** [www.catch22.org.uk/services/surrey-young-peoples-substance-misuse-service/sm@catch-22.org.uk](http://www.catch22.org.uk/services/surrey-young-peoples-substance-misuse-service/sm@catch-22.org.uk)
- **RASAC** Rape and Sexual abuse service; Registered charity, established in 1992 and based in Guildford. RASAC works with anyone in Surrey whose life has been affected by rape or sexual abuse, whether recently or in the past. Youth counselling service offers face-to-face counselling for young survivors of rape or sexual abuse aged 13 to 17  
<https://www.rasasc.org/get-support/counselling/youth-support/>. FAMILY SUPPOR offers specialist emotional support to the families of people affected by rape or sexual abuse;  
<https://www.rasasc.org/get-support/counselling/family-support/>



- **Your Sanctuary** offers Support for children and who have been affected by Domestic Abuse; information about Children's Service please phone helpline on 01483 776822  
<https://www.yoursanctuary.org.uk/get-help>
- **Switchboard:** Switchboard is a charity for LGBTQ people looking for community, support or information. We connect people and support them directly through specially developed Switchboard services or link them to other specialist organisations. Helpline – 0300 330 0630, where all the volunteers who answer the calls are also LGBT+. Callers can discuss any concerns they have, including coming out and relationships <https://switchboard.lgbt/>
- **Outline** - Outline provides support to people with their sexuality and gender identity, including but not limited to the lesbian, gay, bi-sexual and trans community of Surrey, primarily through a helpline, website and support groups. <https://outlinesurrey.org.uk/> telephone: 01483 72767 mobile: 07451289261
- **Muslim Community Helpline:** National organisation providing listening and emotional support service for members of the Muslim community in the UK.  
**020 8904 8193/020 8908 6715** [www.muslimcommunityhelpline.org.uk](http://www.muslimcommunityhelpline.org.uk)

### Helpful apps

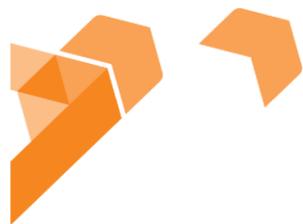
- **Big White Wall** is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or one-to-one therapy with therapists.
- **Calm Harm** is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.
- **Chill Panda** is for children and adults who want to learn how to manage stress and worry and feel better.
- **Feels FM** is an emoji-powered jukebox made in collaboration with mental health charity See Me. The jukebox aims to create a playful, interactive space where young people can share how they are feeling without the pressure of having to have a 'big conversation'.  
<https://feelsfm.co.uk/>
- **SilverCloud** is an online course to help you manage stress, anxiety and depression. You work through a series of topics selected by a therapist to address specific needs. The eight-week course is designed to be completed in your own time and at your own pace.



- **Stress & Anxiety Companion** helps you handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind, the app helps you change negative thoughts to help you better cope with life's ups and downs.
- **ThinkNinja** is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well. (**Free during the coronavirus crisis**).
- **The MeeTwo app** provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.
- **The WorryTree** app aims to help you take control of worry wherever you are. You can use the app to record whatever you feel worried about. It uses [cognitive behavioural therapy \(CBT\)](#) techniques to help you notice and challenge your worries. It can also help you create an action plan for managing worry.
- **No Panic** provides support for individuals who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders and their families with online resources and additional support available over email ([sarah@nopanic.org.uk](mailto:sarah@nopanic.org.uk)) and their helplines: Helpline – 0844 967 4848 – 10am – 10pm everyday (please note this is not a free phone number). Youth Helpline – 0330 606 1174 – for 13 to 20 year olds <https://nopanic.org.uk/>

### Useful websites

- **Royal College of Psychiatrists** – leaflets and advice on various mental health issues. <http://www.rcpsych.ac.uk/expertadvice/youthinfo/parentscarers/growingup/worriesandanxieties.aspx>
- GET self Help – free worksheets and CBT tools. [www.getselfhelp.co.uk/freedownloads2.htm](http://www.getselfhelp.co.uk/freedownloads2.htm)
- This website has links to local **Twister** youth groups, emotional support, and information links for parents and schools. <https://www.surreycc.gov.uk/people-and-community/families/support-and-advice/young-people/lgbt-support>
- **Mind** is a UK Mental Health charity providing information and advice on a range of mental health topics and an online mutual support community (elefriends). They an information and signposting service, open 9am to 6pm, Monday to Friday, 0300 123 3393. <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>



<https://www.mind.org.uk/information-support/support-community-elfriends/>

- **The NSPCC** run dedicated helplines for those who want to reporting child abuse and neglect, or are worried about a child and not sure what to, call NSPCC on 0808 800 5000.  
<https://www.nspcc.org.uk/>

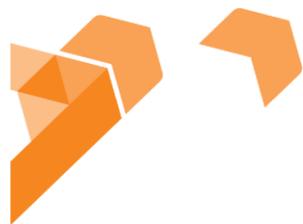
## Crises

- **CYP Havens**, due to current given by HM Government and Public Health England to reduce social contact, the decision has been made to physically close the CYP Havens temporarily. However, a virtual service over the phone is available. Please refer to the CYP Website for contact details as this is subject to change: <https://www.cyphaven.net>
- **In the event of a mental health or medical emergency** or if there are serious safety concerns, please call 999 or visit A&E Department – You may be diverted to an A&E diversion service dependant on the nature of the medical emergency.

## Immediate advice and support

Please refer to the NHS website regarding Emergency mental health care or contact one of the following:

- **Mental Health Crisis helpline:** (Surrey and Borders Partnership NHS Foundation Trust): 0300 456 8342. SMS text line for deaf and hard of hearing: 07717 989 8342. SMS text relay: 18001 0300 456 8342. Service operates 5.00 pm - 9.00 am Monday to Friday, with 24 hours cover at weekends including Bank Holidays. If the lines are engaged your call will be diverted to an answer-phone which will enable you to leave your contact details and someone will call you back within 30 minutes.
- **NHS Tel:** 111: please contact for emergencies or to discuss COVID-19 concerns that are less urgent than 999.
- **Sane Emotional Support:** provides crisis support. Helpline 0845 767 8000 (6 pm to 11:00 pm seven days a week) – for young people age 16 and over.
- **HOPELineUK:** Tel: 0800 068 41 41 Text: 07786209697
- **SHOUT:** Crisis text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. Text Shout t



**With specific thanks to all who contributed to this pack for their input in putting the advice together.**

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