

WEBSITES TO SUPPORT GOOD MENTAL HEALTH

Having good mental health helps us relax more, achieve more and enjoy our lives more. This NHS website offers advice and practical tips to help you look after your mental health and wellbeing: <https://www.nhs.uk/oneyou/every-mind-matters/>

The Anna Freud National Centre for Children and Families is a national children's mental health charity which offers advice for supporting mental health and wellbeing:
<https://www.annafreud.org/selfcare/>

Support for mental health and wellbeing of children and young people:
<https://youngminds.org.uk/>

Information about supporting young people with anxiety:
<https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/>

Calm is a worldwide app for guided relaxation and mindfulness. They have created free access to support guided relaxation in response to the coronavirus situation
https://www.calm.com/blog/take-a-deep-breath?utm_medium=email&utm_campaign=715072-free-mindfulness-resources-from-calm&utm_source=lists%2F51225-Ultimate-LoveLife-Makeover-Summit&simpero_object_id=su_eWE1de2opeEQMZhT61XBFMVm

Talking to children and young people about coronavirus / COVID-19:

General information for adults talking to children:
<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>
<https://www.anxietyuk.org.uk/blog/how-to-talk-to-children-about-covid-19/>
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Talking to children with autism – advice for adults:

<https://usevisualstrategies.com/autism-coronavirus-helping-students-understand/>

Stories and social stories to share with children:

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Childrens-story-about-coronavirus.pdf>
<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

For young people to access directly:

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>
<https://www.bbc.co.uk/newsround/51861089>

Looking after your own mental health in relation to covid-19

<https://www.anxietyuk.org.uk/blog/covid-19-and-anxiety-part2/>
<https://www.bbc.co.uk/news/uk-51734855>

APPS TO SUPPORT GOOD MENTAL HEALTH

Headspace - (mindfulness app) have launched a free section called *Weathering the storm*. This includes meditation, sleep and movement exercises.

https://www.headspace.com/?utm_source=google&utm_medium=cpc&utm_campaign=917256451&utm_content=51529951612&utm_term=409650155250&headspace&gclid=EAlaIqobChMltsj2x7DH6AIVSZ3VC_h1sFQVpEAAYASAAEgJin_D_BwE

ThinkNinja - an app specifically designed to educate 11-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well. (See website.)

Smiling Mind - an app designed to support with meditation and mindfulness for children, families and schools. Their website (<https://www.smilingmind.com.au/>) provides lots of information and guidance and the app provides guided relaxation / mindfulness sessions. They also have a YouTube channel with lots of informative videos as well as guided meditation sessions also:

https://www.youtube.com/channel/UCSP_8_QEFYdi0gY2F3CXfA

Domestic abuse – where to get help during the Covid-19 pandemic

We know that COVID-19 (Coronavirus) will have a serious impact on the lives of women, children and men who are experiencing domestic abuse. Fears over jobs, financial pressure, school closures, working from home and all the other current changes to our day-to-day lives are likely to result in an increase in domestic abuse incidents.

If you're already living with domestic abuse, then the restrictions put in place while the government tries to slow the spread of the virus have probably left you fearful of being isolated in the house with your abuser and as if there is nowhere to go for help.

You may not be able to see the friends and family who usually support you, and some of the places where you go for help or treatment may be closed or offering a reduced service. Please remember that you can still call **999** if you or someone else is in danger.

While some domestic abuse support services are not able to offer face to face meetings at this time, there is still help and advice available online and over the phone. These local and national organisations are working hard to ensure they can still support you.

Hampshire Domestic Abuse Service	– 03300 165112
Stop Domestic Abuse (Portsmouth)	– 023 9206 5494
Aurora New Dawn	– 023 9247 9254
National Domestic Abuse Helpline	– 0808 2000 247
Men's Advice Line	– 0808 801 0327
National LGBT+ Domestic Abuse Helpline	– 0800 999 5428

If you're a child or young person and domestic abuse is happening in your home or relationship, then call

Childline on 0800 1111

Financial support.

Told not to work? -

Your employee may still be able to pay you, and then claim 80% of your wages from the government.

Changes to work or income?-

your child may be entitled to free school meal (FSM), see school website.

Claiming benefits? -

NB Face-face appointments at the Job Centre are currently cancelled.

Universal credit?-

You can claim this if you are unemployed, employed and on a low income, or self-employed and on a low income. See Department for Work and Pensions website.

Statutory sick pay (SSP)?-

You are entitled to this if you are employed and are ill or are forced to self-isolate because someone in your household is ill. You will be paid from the first day of sickness/ isolation. See Department for Work and Pensions website.

Employer and Support Allowance

(ESA)? -

This is for people who are self-employed or can't claim SSP. You will need to have paid 2-3 years of National Insurance contributions. You will be paid from the first day of sickness/isolation. See Department for Work and Pensions website.

Council Tax support?-

If you are on a low income you might get help from the council to pay your council tax- Apply through Local council website.

Can't pay rent?-

Contact your landlord and tell them why you are struggling, ask if you can reduce the payment for a while.

Discretionary housing payment?-

You might be entitled to this if you get Universal credit or housing benefit. Apply through the Local Council website.

*All eviction processes have been delayed by 3 months.

Can't pay gas or electric? –

Contact your supplier and tell them why you are struggling, ask if they can help. Energy suppliers have charitable trusts linked to them, they may be able to help. Go to energy supplier's website. Monthly payments ask them to reduce the amount. For Prepayment meters ask for temporary credit on a prepayment meter. If you are paying back a debt ask them to reduce the payments.

Helpful addresses

Citizens Advice

<https://www.citizensadvice.org.uk>

Department of work and pension

<https://www.gov.uk/government/organisations/department-for-work-pensions>

Step Change debt advice charity

<https://www.stepchange.org>

ONLINE SAFETY

Childline -

For support.

UK Safer Internet Centre -

To report and remove harmful online content.

CEOP -

For advice on making a report about online abuse.

Internet matters -

For support for parents and carers to keep their children safe online.

London Grid for Learning -

For support for parents and carers to keep their children safe online.

Net-aware -

For support for parents and careers from the NSPCC.

Parent info -

For support for parents and carers to keep their children safe online.

Thinkuknow -

For advice from the National Crime Agency to stay safe online.

UK Safer Internet Centre -

Advice for parents and carers.