

## Looking after your mental health and wellbeing during Coronavirus Information for Children and Young People - UPDATED



### Websites

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Just Talk is a multi-agency campaign, steered by young people and coordinated by the Public Health team at Hertfordshire County Council. The website has collected a number of helpful resources and put them on a dedicated 'looking after your mental health during coronavirus' page. These are added to frequently, so keep checking back. THIS WILL BE THE MAIN WEBSITE FOR LOCAL UPDATES.

<https://www.justtalkherts.org/news/looking-after-your-mental-health-during-coronavirus.aspx>

Health for Kids / Teens cover subjects that promote a healthy body and mind. All of the content has been produced by school nurses, a whole range of other health and wellbeing experts, and most importantly young people.

Ages 11-19 <https://www.healthforteens.co.uk/hertfordshire/>

Primary age <https://www.healthforkids.co.uk/> (There's also a section for grown-ups)

### Online workshops and training

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Herts Mind Network are delivering a number of workshops online over the next few months. There are some for families which young people and / or their families can watch online. You can view the calendar and booking information for Eventbrite here:

<https://www.hertsmindnetwork.org/spot-the-signs-and-emotional-wellbeing> There are sessions on 'The Five Ways to Wellbeing' and 'An Introduction to Mental Health'.

Alternatively, 15-18 year olds can enrol on a 4 week 'Wellbeing through Learning' course covering various topics, e.g. Anxiety, Building Confidence. More information can be found here <https://www.hertsmindnetwork.org/wellbeing-through-learning-children-and-young-people>

The OLLIE Foundation are also delivering workshops online. You can view the schedule at the top of this page: <https://theolliefoundation.org/training/dates/#hbb> Courses suitable for teenagers are 'Keeping safe and carrying on for Teens' and 'Goalsetting for Teens'.

### Apps / National websites

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There are several apps to support mental health and Wellbeing. You are responsible for ensuring apps are appropriate for your age and needs.

You may consider the ThinkNinja app: As a direct response to the COVID-19 situation, Healios have updated ThinkNinja with specific COVID-19 content. This will bring self-help knowledge and skills to children and young people (10-18 years old) who may be experiencing increased anxiety and stress during the current situation.

<https://www.healios.org.uk/services/thinkninja1>

Young Minds is the UK's leading charity fighting for children and young people's mental health. On this web page you will find lots of information about how to look after your mental health at this time <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

## Information, advice and guidance

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New

Herts Mind Network have launched a new early intervention and prevention **helpline** for children and young people aged 10-17 in Herts. The helpline will provide a safe, non-judgemental space to talk to a Young People Advisor or Mentor who will provide emotional support, advice and information and discuss coping strategies. For opening hours and more information please visit the website <https://www.hertsmindnetwork.org/young-peoples-helpline>. Helpline number is **01923 256391**. Herts Mind Network also have a Young People's online group for those over 15. You can find out more here: <https://www.hertsmindnetwork.org/young-peoples-online-group>

Chat Health is the school nurse **text messaging service** for all secondary school aged pupils in Hertfordshire. It is a confidential service and available Monday to Friday from 9am to 5pm. Young people can message for advice on all kinds of health issues such as sexual health, emotional health and wellbeing, bullying, healthy eating and any general health concerns. The text number is: **07480 635050**. The School Nurse Team has also introduced a new Instagram account **teenhealth.hct** for secondary school aged children.

Kooth is an online counselling service for anyone aged 10-25 in Hertfordshire. You can access a **chat / messenger** service, discussion boards, goal setting tools and a journal and a magazine containing several articles and some specifically about coronavirus and the impact on children and young people. The website is moderated by trained professionals. You need to register but it is anonymous. <https://www.kooth.com/>

YC Hertfordshire Services for Young People provides youth work, information, advice, guidance, work related learning and support for young people. Although face-to-face work is currently suspended, you can still contact a Youth Worker or Personal Adviser for one to one and project groupwork support by calling **0300 123 7538**, emailing [yc@hertfordshire.gov.uk](mailto:yc@hertfordshire.gov.uk) or visit <https://www.ychertfordshire.org/>

School – some schools are still open for the children of key workers and other students that need to be in school. Some staff are working from home but may still be reachable. You may still be able to get in touch with your pastoral team at school for advice and guidance.

## Further support

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If you are experiencing mental health difficulties that are significantly interfering with your ability to do the things you normally do, please contact (or ask your parents to) Hertfordshire Partnership Foundation Trust Single Point of Access **0300 777 0707**. This line is currently open 24/7 and can direct your enquiry to a number of specialist services depending on your needs

The Wellbeing Service offers short term support to people that are 16 or over with mild to moderate mental health issues such as depression and anxiety. You can visit <https://www.northessexiapt.nhs.uk/hertfordshire> for more information about the service and to self-refer.

New

The 'Schools and Families Advice Line' (SFAL) is a new service established to provide emotional wellbeing advice and early help to children and young people, school staff and families during the COVID-19 pandemic. It can be really worrying when you, or someone you know is going through a difficult time. If you feel this service could help, please call our Single Point of Access (SPA) who will take your details before passing them onto our call back service. **Telephone: 0300 777 0707 Email: [hpft.spa@nhs.net](mailto:hpft.spa@nhs.net)** You will get a call back from a mental health practitioner between 8am-5pm, Monday-Friday.

There are four community **counselling** organisations covering Hertfordshire:

YCT (East and North Herts) <a href="http://www.yctsupport.com/">http://www.yctsupport.com/</a> Telephone 01279 414 090	Youth Talk (St Albans) <a href="http://youthtalk.org.uk/">http://youthtalk.org.uk/</a> Telephone 01727 868684
Rephael House (Welwyn and Hatfield) <a href="https://www.rephaelhouse.org.uk/">https://www.rephaelhouse.org.uk/</a> Telephone 020 8440 9144	Signpost (Watford and Hemel areas) <a href="http://signpostcounselling.co.uk/">http://signpostcounselling.co.uk/</a> Telephone 01923 239495

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The School Nursing Team can provide some support around emotional difficulties and parents can refer directly from this page: <https://www.hct.nhs.uk/forms/school-nursing-form.asp> You can read more about the School Nursing Team here: <https://www.hct.nhs.uk/our-services/school-nursing/>

### **Already working with a Service?**

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If you are currently receiving support from a service or have been recently discharged, you can contact the service if you are struggling with your mental health. Most have a duty line which you can find out by looking on a letter they have sent you.

### **Need help now?**

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If you are having a mental health crisis, please call: **0300 777 0707**. This line is currently open 24/7. If you need physical health treatment in an emergency go to your nearest Accident and Emergency department or call 999.

Childline: If you're under 19 you can confidentially call, email or chat online about any problem big or small Freephone 24h helpline: **0800 1111**

YoungMinds Crisis Messenger provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. If you need urgent help **text YM to 85258**

*This information was correct on the 11th May 2020*