

COVID-19

Mental Health Resources

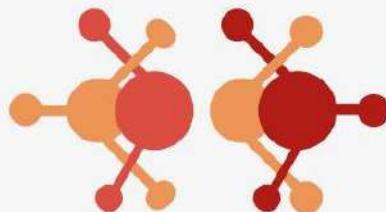


Coronavirus

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What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a family of viruses, known as coronavirus.



How does it spread?

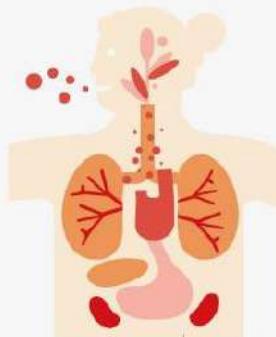
It's spread in a similar way to colds and the flu. This can be via droplets from coughs and sneezes, and by touching or shaking hands.

Anyone infected can pass it on to any surface or person they breathe on or touch.



Symptoms

- A dry cough
- A high temperature (fever)
- Shortness of breath



Preventative measures

Wash hands regularly with soap.

Aim to wash them for 20 seconds, getting a good lather. Pay attention to the tips of your fingers and the gaps in between.

If soap and water aren't available, use an alcohol-based hand sanitiser.

Avoid unnecessarily close contact with others, particularly people who are sick.

Use alternative greetings to shaking hands or kissing on the cheek.



Alternative Greetings



The Leg Bump



The 10 Feet Point



Wave



The Elbow Bump

What to do if you are worried

Use reputable information sources - If in doubt, get the latest information from:

- World Health Organisation (WHO)
- NHS
- GOV.UK

Seek medical advice early - If you think you have symptoms, do not go to your GP or hospital – instead, call the NHS 111 phone service.

Care providers for children

Help children find positive ways to express feelings such as fear and sadness. Every child has their own way to express emotions. Sometimes engaging in a creative activity, such as playing, and drawing can facilitate this process. Children feel relieved if they can express and communicate their feelings in a safe and supportive environment.

Keep children close to their parents and family, if considered safe for the child, and avoid separating children and their caregivers as much as possible. If a child needs to be separated from their primary caregiver, ensure that appropriate alternative care is provided and that a social worker, or equivalent, will regularly follow up on the child. Further, ensure that during periods of separation, regular contact with parents and caregivers is maintained, such as twice-daily scheduled phone or video calls or other age-appropriate communication (e.g., social media depending on the age of the child).

Maintain familiar routines in daily life as much as possible, or create new routines, especially if children must stay at home. Provide engaging age appropriate activities for children, including activities for their learning. As much as possible, encourage children to continue to play and socialize with others, even if only within the family when advised to restrict social contact.

During times of stress and crisis, it is common for children to seek more attachment and be more demanding on parents. Discuss COVID-19 with your children using honest and age appropriate way. If your children have concerns, addressing those together may ease their anxiety. Children will observe adults' behaviours and emotions for cues on how to manage their own emotions during difficult times. [Additional advice available here](#)



Essex County Council

When you or someone that you care for is having extreme mental health difficulties, you may need to get help very quickly. [Click here](#) for information only to be used for a mental health emergency or crisis.



Mental health direct can arrange for you to speak with a mental health professional. We can also advise you about what service to contact to get the support you need. [Click here](#)

The Emotional Wellbeing and Mental Health Service (EWMHS) provides advice and support to children, young people and families who are in need of support with their emotional wellbeing or mental health difficulties. [Click here](#)



You can contact [ChildLine](#) about anything. Whatever the worry, it's better out than in. ChildLine are here to support you and help you find ways to cope.



Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free for Essex residents. [Click here](#)



N.O.W is The Time For Change

For emotional wellbeing

During these challenging times, we will continue to support & improve your emotional wellbeing & mental health, safely and in the comfort of your home!

We will provide coaching & mentoring with alternative teaching and training to support your needs.



ONLINE WELLBEING COMMUNITY

Advice, Tips, Strategies to support you and your family:

Creating a Positive Mindset

Building Resilience

Improving Self Esteem & Confidence

Eating for Health & Happiness

Manage Low Level Behaviours

Reduce Stress & Anxiety with ways to Calm

Meditation, Yoga, Pilates, Tai Chi



FOLLOW US: National Online Wellbeing Services



SIGN UP TO OUR WEEKLY NEWSLETTER:

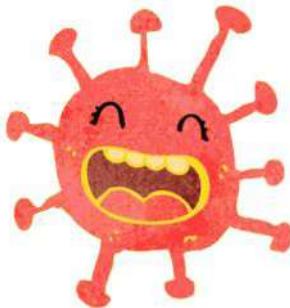
www.nowsthetimeforchange.com



WATCH US: Now is the time for change

<https://www.youtube.com/watch?v=rHMc6nvajxQ>

NOW is the time for change is recognised and supported by the NHS, Essex CCGs commissioning collaborative group for children and young peoples emotional wellbeing. Also working in collaboration with Local Authorities and EWHMS.



My name is Coronavirus

#COVIBOOK

Mindheart have created this short book to support and reassure our children, under the age of 7, regarding the COVID-19. Available in different languages too, [click here to read.](#)



Take a look at an easy read guide Mencap have created around the Coronavirus (COVID-19). [Click Here](#)



Public Healthy Agency advice on COVID-19 for places of Education [Click here](#)



Anna Freud is providing clear, simple advice to all those who are supporting children and young people - including to young people themselves. [Click here](#)



If you are looking for a social story to help explain Coronavirus to your relative or the person you support, [Carol Gray has created one.](#)



BACP guidance on Coronavirus anxiety: how to cope if you're feeling anxious about the outbreak. [Click here](#)

If your child is worried or anxious about coronavirus, Young Minds have created a Parents Helpline experts' advice on what you can do. [Click here](#)

Coronavirus: Impact on Young People with Mental Health Needs

Read our report looking at the impact of coronavirus on the mental health of young people and find out what we're asking of Government.



Questions to ask your child in self-isolation

What could help you to complete your school work at home? Where would you like to work at home?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What things would you like to do in the future?

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

What are you worried about when you lie in bed and can't sleep?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What have you enjoyed about today?

Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?

THE MIX

[The Mix](#) is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile.

The Mix's has a [Get Support](#) section. Here you can visit their discussion boards, use the Group Chat Service and speak to their trained team. They have also written some articles to help support and educate young people on coronavirus. Click on the articles below:

Coronavirus: Health advice you can trust

Understanding coronavirus

Coronavirus: What are my tenancy rights? An expert guide

Feeling bored? Here are 10 fun things you can do at home

Coronavirus and money: An expert financial guide from MyBnk

How to deal with corona-anxiety



Carers UK have given some guidance on what support is available to you as a carer and those you look after. [Click here](#)



FEAST provides useful information and online support. [Click here](#)



No Panic is a registered charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders including those people who are trying to give up Tranquillizers.

No Panic also provides support for the carers of people who suffer from anxiety disorders. [Click here for more](#)



NHS East of England Eating Disorders Clinical Network: You can stream or download the films (30 mins each) by clicking on, or copying and pasting, these links:

[A Carer's Perspective](#)

[A Professional's Perspective](#)



Beat is the UK's eating disorder charity. They are a champion, guide and friend for anyone affected by an eating disorder.

Eating Disorders and Coronavirus

Beat have listened to the issues that have been raised and, with the help of eating disorder clinicians, put together the guidance to try to respond to the most common ones. Alongside a number of online support services detailed below:

Helpline: 0808 801 0677

Studentline: 0808 801 0811

Youthline: 0808 801 0711

Open 365 days a year from 12pm–8pm during the week, and 4pm–8pm on weekends and bank holidays

Online Support Groups

Beat run a number of **eating disorder online support groups** for both those suffering and for carers. Find out more about all the groups [click here](#).



One-to-one Web Chat

Speak directly with Beat's support advisors using our secure messaging service. Click here for to [chat](#)



OVERTURNING BAD DECISIONS

If someone has made a decision that denies you or a loved one treatment for or information about an eating disorder, this page is designed to help you overturn that decision. [Click here](#)



Supporting Somebody With an Eating Disorder

If you know somebody who has an eating disorder or who you think might have an eating disorder, Beat can help you.

[FIND OUT MORE](#) ▶

Eating disorders. Know the first signs?



Lips

Are they obsessive about food?



Flips

Is their behaviour changing?



Hips

Do they have distorted beliefs about their body size?



Kips

Are they often tired or struggling to concentrate?



Nips

Do they disappear to the toilet after meals?



Skips

Have they started exercising excessively?

If you're worried someone you care about is showing any signs of an eating disorder – even if they're not on our list – act quickly and get in touch. We can give you the answers and support you need to help them on the road to recovery as soon as possible.

Don't delay. [Visit beateatingdisorders.org.uk/tips](http://beateatingdisorders.org.uk/tips)



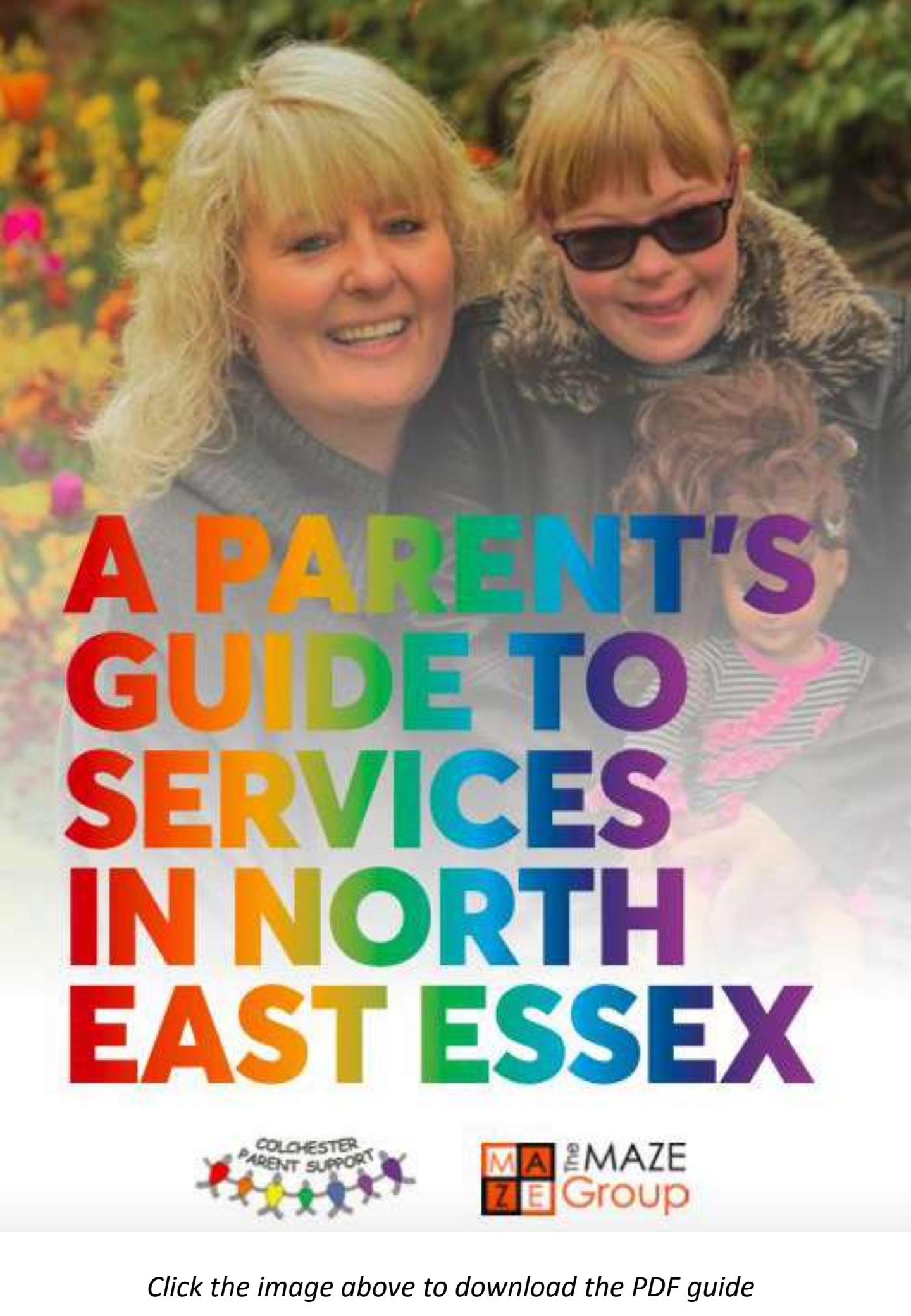
Services

Mid and North East Essex Mind are currently offering telephone appointments within the following services: Free Counselling; Private Counselling: Support, Time and Recovery Service and Autistic Spectrum Disorder Connect Service. Online support can be accessed by anyone living in Mid Essex through Silvercloud and students of the University of Essex through Chat with Charlie.



Telephone appointments are also available within and Private Counselling service, we are still taking referrals, please call **01206 764600** to refer yourself or someone you know.

For more information about all of our services [click here](#)



A PARENT'S GUIDE TO SERVICES IN NORTH EAST ESSEX



Click the image above to download the PDF guide



The MAZE is a unique approach to SEND, which offers insight into how children with additional needs experiences the world



The MAZE Group run free monthly drop-in sessions, a specialist weekly programme and additional workshops to guide, **advise and support families of children with additional needs**. We run special educational needs & disability (**SEND**) parenting groups around Essex and in Colchester, Clacton & Harwich.

Please visit the website and social media for support and more information. <https://www.themazegroup.co.uk/>

PHONE CONSULTS

FREE for
Family
Carers

Qualified
and
experienced
experts
at your
service



Expert advice for:

- **managing at home**
- **stress / anxiety**
- **sleep issues**
- **and more**

Action for
Family Carers

a FEELING GOOD, CARING WELL event

COMMUNITY
FUND

LIVE YOUR LIFE ONLINE EVENT

- Confidence-Boosting
- Motivating
- Energising

FREE for Family Carers

Action for
Family Carers
Supporting Carers Across Essex

Solution-focused help and
strategies, designed exclusively
for Family Carers.

◆ Let us take care of you ◆

 LiveYourLife
Therapies
With Liz Sharpe

STRAIGHTFORWARD
TECHNIQUES
TO BREAK
THE CYCLE

STRESS BUSTING SESSIONS

ONLINE EVENT

Action for
Family Carers
Supporting Carers Across Essex

CARING FOR CARERS

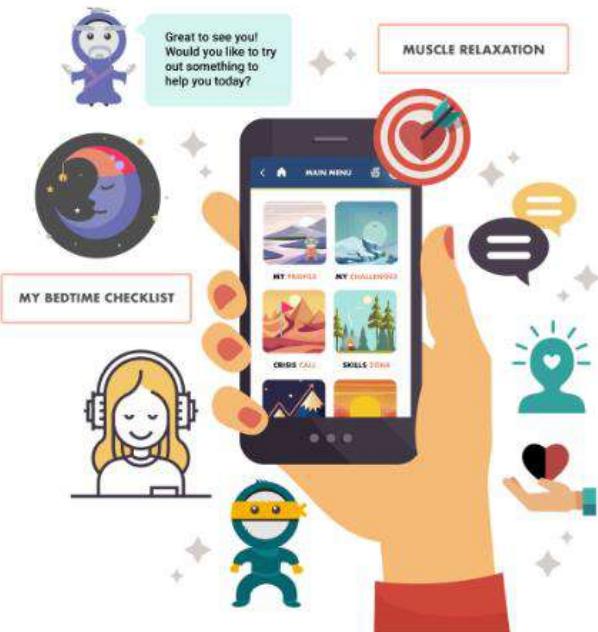
COMMUNITY
FUND

thinkNinja

ThinkNinja® – is an app from Healios, helps young people aged 11 to 17 years old with their mental health, emotional well-being and resilience, and supports symptoms of anxiety and low mood.



As a direct response to the COVID-19 crisis we 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 maybe experiencing increased anxiety and stress during the crisis. Click to download [for Apple](#) and [here for Android](#).



ThinkNinja® addresses a range of issues including stress, anxiety, low mood, or having unhelpful thoughts. All of which can be triggered by the pressures of modern life, such as exams, struggling to make friends or social situations.

The user is coached by the WiseNinja, powered by artificial intelligence and the skills of a clinical psychologist.



Cove App - With Cove, you can capture your mood or express how you feel by making music and storing it in a personal journal. [Click here](#)



Clear Fear App – face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions. [Click here](#)



WYSA App - an 'emotionally intelligent' penguin that learns to react to the emotions you express. Over time it gets to know you better and proactively reaches out to help you. [Click here](#)



Calm Harm App – provides tasks that help you resist or manage the urge to self-harm and it's completely private and password protected. It uses ideas from an evidence-based therapy called DBT. [Click here](#)



Mend App - Mend, the #1 Breakup App, is a self-care app for heartbreak that guides you through your breakup day by day. Free for 7 days. [Click here](#)



Stop, Breathe, Think App - A friendly app to guide people through meditations for mindfulness & compassion. [Click here](#)



Smiling Mind App - Smiling Mind is a non-for-profit web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life. [Click here](#)



Stay Alive App - This app is a free pocket suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. [Click here](#)