

## Messages for Young People on Emotional Wellbeing with COVID-19

### Anxiety

- Some young people may feel vulnerable, fearful, nervous or worried about COVID-19. Here is one of our tips to help with anxiety: Remember it is okay, not to be online and if you are remember to use credible sources for the information you need.
- Feeling anxious about COVID-19? Here is one of our top tips: Take some time out to relax. Why not listen to some of your favourite music or meditate – could you give the Headspace app a try: [www.headspace.com/headspace-meditation-app](http://www.headspace.com/headspace-meditation-app)
- It's okay to be worried about COVID-19, but what can help is talking to someone: This could be anyone that you find helpful to talk to, but it is important not to bottle it up.
- There are lots of self-care tips to help your emotional resilience during COVID-19 here: [www.annafreud.org/on-my-mind/self-care/](http://www.annafreud.org/on-my-mind/self-care/)
- Have you seen the Action for Happiness – Coping Calendar? Some useful hints and tips for the next 30 days. [www.actionforhappiness.org/coping-calendar](http://www.actionforhappiness.org/coping-calendar)



### Loneliness

- COVID-19 and feeling lonely... Could you take up a hobby? What do you enjoy doing? There are YouTube videos for everything, from yoga to baking.

### Sleep

- In stressful situations like this our sleep can suffer, but there are things you can do to help: keep fixed morning and evening routines, avoid napping in the day, avoid smartphone use up to one hour before bed and do gentle stretches before bed. More info here: [www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/](http://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/)

### Being Active

- Still want to keep active while in the house? Did you know Joe Wicks is running a PE session on each morning via Youtube? See here for more information [www.thebodycoach.com/blog/pe-with-joe-1254.html](http://www.thebodycoach.com/blog/pe-with-joe-1254.html)

### Online Safety

- Are you online more due COVID-19? Don't forget to keep yourself safe. Some good tips to keep yourself safe online here: [www.saferinternet.org.uk/advice-centre/young-people/resources-11-19s](http://www.saferinternet.org.uk/advice-centre/young-people/resources-11-19s)
- Making new friends and relationships online can be nice, but remember you can say no. Here is some useful information: [www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/](http://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/)

### Want to help others/ #KindnessCommunity

- During COVID-19, you may want to help others safely. Thought about random acts of kindness? Here are some ideas: [www.mentalhealth.org.uk/coronavirus/random-acts-kindness](http://www.mentalhealth.org.uk/coronavirus/random-acts-kindness)
- During COVID-19, can you share your routine plans to help other young people? Take a photo and share with us.

### Need Mental Health Support

If there is already a professional involved with your child (such as a family intervention worker or school key worker); please advise them to contact their local Healthy Young Mind's Neighbourhood Practitioner for further guidance and advice.

**If you need urgent advice regarding your child's mental health please contact 0161 716 3600 9am-5pm.  
Outside of these hours please call 111 for urgent advice. Please call 999 in an emergency only.**

**For Local Support Service, please visit:**

[www.tamesideandglossopccg.org/your-health/mental-health-support-in-tameside-and-glossop](http://www.tamesideandglossopccg.org/your-health/mental-health-support-in-tameside-and-glossop)

### National Support:

#### Anxiety UK

Phone: 03444 775 774 (Mon to Fri, 9.30am to 5.30pm)

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

#### Mind

Phone: 0300 123 3393 (Mon to Fri, 9am to 6pm)

Website: [www.mind.org.uk](http://www.mind.org.uk)

#### PAPYRUS (young suicide prevention society)

Phone: HOPElineUK 0800 068 4141 (Mon to Fri, 10am to 5pm & 7 to 10pm. Weekends 2 to 5pm)

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

#### YoungMinds (crisis text line for young people)

If you need urgent help text YM to 85258

Website: [www.youngminds.org.uk/](http://www.youngminds.org.uk/)

#### YoungMinds Parent Helpline

Phone: 0808 802 5544

**Take Care and Keep Safe – thank you, from:**

