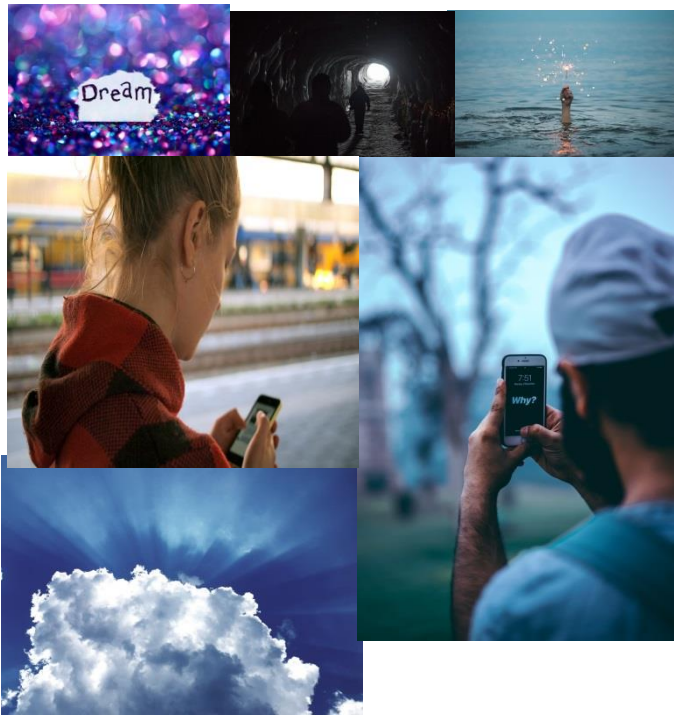


COVID-19 USEFUL RESOURCES FOR CHILDREN, YOUNG PEOPLE, FAMILIES AND TEACHERS





Kooth: a safe, free, and anonymous online support service for young people

- Open from Monday-Friday 12pm-10pm and Saturday-Sunday 6pm-10pm
- Must make an account to access the website but the username can be anonymous
- Link: <https://www.kooth.com>



Childline: a charity for children and young people under 19 years old

- Free, private, and confidential service where you can talk about anything
- Online or over the phone with trained counsellors
- Open from 9am-Midnight
- Link for Coronavirus: <https://www.childline.org.uk/info-advice/yourfeelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>
- Link to general website: <https://www.childline.org.uk/>



Just for Kids: A Comic Exploring the New Coronavirus: an easy explanation of COVID-19 for children

- It can also be played acoustically via the audio tab at the top of the page
- It can be printed as well
- Link: <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>



BBC:

- "Coronavirus: is everything you have heard true or just a myth?" dedicated to explaining myths about COVID-19 with videos included: <https://www.bbc.co.uk/newsround/51387017>
- "Coronavirus: how to protect your mental health: <https://www.bbc.co.uk/news/health-51873799>



- **YoungMinds:** "Looking after your mental health while self-isolating" gives you tips on how to stay connected, stay calm, deal with stress at home and provides extra resources and helplines
- Link: <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>



WHO: "Coping with stress during the 2019-nCoV outbreak" easy to understand leaflet from the WHO https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2

The logo for Action for Happiness, featuring the text "ACTION FOR HAPPINESS" in white on a red banner.

ACTION FOR HAPPINESS

Action for happiness:

- Coping calendar has 30 suggested actions to look after ourselves and each other as we face this global crisis <https://www.actionforhappiness.org/coping-calendar>



Mind: a website dedicated to mental health awareness

- Contains a page on Coronavirus and your wellbeing with information to help you cope
- It also covers 1) a plan for staying at home and indoors 2) Take care of your mental health and wellbeing 3) Checklist: are you ready to stay home?
- Link: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

CDC

Centers for Disease Control and Prevention: Managing Anxiety and Stress with information on how to support yourself during these difficult times

- Link: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html



Gov.UK: guidance to social distancing for everyone in the UK

- Link: <https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>



Anna Freud Centre: contains a list of strategies young people can use to take care of their own mental health

- Link: <https://www.annafreud.org/on-my-mind/self-care/>



Beat Eating Disorders: guidance on dealing with issues/concerns in regard to coronavirus and eating disorders

- Link: <https://www.beateatingdisorders.org.uk/coronavirus>



The Mix: guidance on how to deal with corona anxiety and coronavirus health advice

- Link: <https://www.themix.org.uk/mental-health/anxiety-ocd-and-phobias/how-to-deal-with-corona-anxiety-35761.html>
- Link: <https://www.themix.org.uk/your-body/using-health-services/coronavirus-health-advice-you-can-trust-35701.html>



The Children's Society: advice on various issues such as loneliness, anxiety and social media tips during current events

- Link: <https://www.childrenssociety.org.uk/coronavirus-information-and-support>



Children's Commissioner: guide explaining coronavirus in a child friendly format

- Link: <https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf>

USEFUL GUIDES



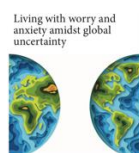
Online guide “Hello I am a virus, cousins with the flu and the common cold”

- Link: https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf



Online guide “What is the Coronavirus”: simple explanation of the coronavirus with little text and lots of images

- Link: <https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>



Online guide for adolescents “Living with worry and anxiety amidst global uncertainty”

- Includes a mixture of psychoeducation about normal and excessive worry, normalization, and a selection of practical exercises that anyone can use to manage worry and maintain wellbeing in these uncertain times
- Link to English version: https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf
- Link to versions in other languages (Russian, Spanish, Swedish): <https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>



Online guide for adolescents “FACE COVID-19, how to respond effectively to the Corona crisis”

- A set of practical steps for responding effectively to the Corona crisis using the principles of acceptance and commitment therapy (ACT)
- Link: <https://www.baps.org.uk/content/uploads/2020/03/FACE-COVID-by-Russ-Harris-pdf-pdf.pdf>

USEFUL VIDEOS

Supporting Young People Through Disruption:

- Information from the Anna Freud Centre about managing your mental health and wellbeing during the Coronavirus situation

<https://www.youtube.com/watch?v=ME5IZn4-BAk>



- **Be in the pond Cosmic Kids Zen Den:** Mindfulness for kids

<https://www.youtube.com/watch?v=wf5K3pP2IUQ&app=desktop>



- **BBC Videos:** myths and facts about Coronavirus

<https://www.bbc.co.uk/newsround/51387017>

- **BBC Videos:** Coronavirus advice on what to do if you are worried

<https://www.bbc.co.uk/newsround/51896156>



- **Audio: A steady heart in the time of Coronavirus:** a 13- minute practice to steady your heart

- Link: <https://jackkornfield.com/steady-heart/>



- **FACE COVID: How to respond effectively to the Corona Crisis**

https://www.youtube.com/watch?fbclid=IwAR2BQbowZiXpx4r0EZaDSGog_wywsjtQUi_vZMMf-uiJHg1Pr2h9t7xK56l&v=BmvNCdpHUYM&app=desktop



RESOURCES FOR PARENTS/CARERS



Havering coronavirus helpline:

- If you, or someone you know, have concerns around care, urgent issues around health and wellbeing or lack of access to supplies including food and medicine please call the free to use helpline: 0800 368 5201
- Open Monday to Friday 8.30am to 6pm. Saturday and Sunday 11am to 4pm. You can also email: covid19support@haverling.gov.uk. Link: <https://www.haverling.gov.uk/covid19>
- If you need support during these uncertain times and would like to talk to a friendly voice at the end of the phone you can also contact Havering Volunteer Centre on 01708 922214.
- To get involved and support your community through volunteering please contact volunteering@haverlingvc.org.uk or call 01708 922214 and they will deal with the rest



Gov.uk: Supporting vulnerable families who are struggling

- If you have a medical condition which makes you extremely vulnerable to coronavirus (COVID-19), register and tell us whether or not you need support: <https://www.gov.uk/coronavirus-extremely-vulnerable>



National Health Service: Specific resources for parents to support their children during this time

- 'How to teach your children how hand washing helps prevent Coronavirus and other infectious diseases spreading' Link: <https://www.youtube.com/watch?v=2eqhw6yZk-c>
- 'Supporting neuro-diverse children in challenging times such as during self-isolation' <https://www.youtube.com/watch?v=dXPtqmHKNoE&feature=youtu.be>



We build better family lives together

Family Lives: Support to cope practically and emotionally during the Covid-19 outbreak

- Their page includes tips for managing anxieties and worries, managing change for children with SEN or a disability, planning a child's day, working from home and managing conflict
- Link: <https://www.familylives.org.uk/advice/your-family/family-life/coping-practically-and-emotionally-during-the-covid-19-outbreak/>



The British Psychological Association: interesting articles for parents/carers

- 'The importance of talking to children about Coronavirus' Link: <https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf>
- 'Psychological perspectives: a growing resource collecting and linking psychological contributions on Coronavirus' Link: <https://thepsychologist.bps.org.uk/volume-33/april-2020/coronavirus-psychological-perspectives>



BBC: Useful articles to help parents support their children at this time

- "Coronavirus: How to help kids cope with life without school": <https://www.bbc.co.uk/news/uk-politics-51959957>
- "Coronavirus: Keep it simple, stick to facts-how parents should tell kids" Link: <https://www.bbc.co.uk/news/uk-51734855>



BBC Own It – Keyboard and Diary:

- Can be downloaded from your Apple or Google Play app store
- Supporting young people in today's changing digital environment
- Making smarter and better-informed choices and helping them grow into confidence, positive and happy digital citizens
- Builds up a picture of your child's digital wellbeing and to help your child understand the impact that their online behaviours can have on themselves, and on others



University of Reading and University of Oxford:

- Pulled together advice and resources and some of their favourite links into one place on how to help your children manage during this difficult time
- Link: https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf

Coronavirus: Keep it simple, stick to facts - how parents should tell kids

By Justin Parkinson
BBC News

5 March 2020

Coronavirus pandemic



Coronavirus: How to help kids cope with life without school

By Justin Parkinson
BBC News

20 March 2020

Coronavirus pandemic



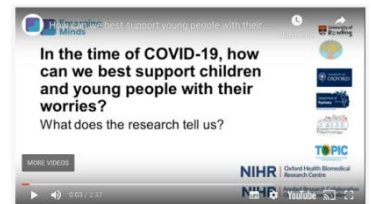
Supporting children and young people with worries about COVID-19





Emerging Minds:

- Information on how to best support children and young people with their worries and anxiety. Evidence-based advice for anyone supporting children and young people with their worries
- Link: <https://emergingminds.org.uk/supporting-children-and-young-people-with-worries-and-anxiety-coronavirus/>
- Also collated links from trusted sources that are grouped by age categories to help you find age-appropriate information for your child
- Link: <https://emergingminds.org.uk/recommended-resources-supporting-children-and-young-people-with-worries-and-anxiety-links/>
- A podcast is also available, discussing what research tells us about how we can best support children and young people with their worries about Covid-19
- Link: <https://emergingminds.org.uk/podcast-how-can-we-best-support-children-and-young-people-with-their-worries-and-anxiety/>



Children's Commissioner:

- Provides advice for parents on Coronavirus and it's potential effects on children and young people
- Link: <https://www.childrenscommissioner.gov.uk/2020/03/17/supporting-children-during-the-coronavirus-outbreak/>



Anna Freud Centre:

- Advice for parents and carers on what to do to support young people's mental health in a period of disruption, including general information and videos
- Link <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>



Child Mind Institute: website dedicated to child mental health and awareness

- Webpage for “Supporting families during COVID-19” <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- Contains tips on coping with the crisis and protecting children at home, how to support teenagers and young adults, self-care during the pandemic, how mindfulness can help, how to talk to your kids about Covid-19, managing anxiety etc.
- Webpage for “Talking to kids about the coronavirus” <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- Child Mind Institute “How to talk to kids about Coronavirus” YouTube video <https://www.youtube.com/watch?v=WhVad8ToCiU>



Facebook support group: Family Lockdown tips and idea

- This group has been set up to provide support, tips and ideas if you are at home with your family in light of the Coronavirus
- They post ideas and suggestions for indoor and garden activities that you can do with your children
- It is a private group that you need to join
- Link: <https://www.facebook.com/groups/871176893326326/>



NanoGirl Live: webpage containing coronavirus resources for children and parents

- This includes videos on how to explain Coronavirus to children and help them understand their role in reducing the spread, as well as an easy science experiment that can be done at home to teach them the science behind why washing hands with soap and water is important
- Link: <https://www.nanogirllive.co.nz/coronavirus-soap-experiment>



The Royal College of Occupational Therapists:

- Guidance for social distancing for parents
- Link: <https://www.rcot.co.uk/staying-well-when-social-distancing>



Young Minds: Talking to your child about coronavirus

- Includes 10 tips from their parent's helpline
- Link: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>



Aha! Parenting:

- "What to say to your child about the Coronavirus-and how to cope as a parent" - This is a blog post with important information about how to tell your children with tips, tricks, and videos
- Link: https://www.ahaparenting.com/blog/talking-with-children-about-the-coronavirus?fbclid=IwAR1Bq616qV-_fg76yX0ZRaLLNT2XOwZH-XCT0ZaZ7ke8TPBGziysgU4BaTM

healthline

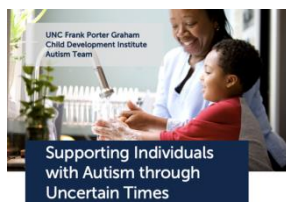
Healthline:

- "How to talk to your kids about the COVID-19 outbreak" - This article provides information about how to explain the outbreak to your children
- Link: <https://www.healthline.com/health-news/how-to-talk-to-kids-about-the-coronavirus#Make-sure-you-understand-the-risks>



Go Zen:

- Provides 4 expert videos on how to "help kids manage anxiety around the Coronavirus"
- Link: <https://gozen.com/coronavirus-anxiety/>



UNC Frank Porter Graham Child Development Institute Autism Team: Supporting Individuals with Autism through uncertain times

- Provides an advice pack on supporting individuals with Autism during this challenging period

- Link: <https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Supporting%20Individuals%20with%20Autism%20through%20Uncertian%20Times%20Full%20Packet.pdf>

Useful information:



CAMHS Podcast:

- Child clinical psychologists talk about Coronavirus and helping children with Autism
- Episode 4 of their series 'Autism a parent's guide' FYI includes useful advice, links and two social stories for parents
- Link: <https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/>



Think U Know:

- #OnlineSafetyAtHome email with new home activity packs to share with parents and carers
- Each pack will contain simple 15-minute activities parents can do at home with their child using Think U Know resources
- Link: https://www.thinkuknow.co.uk/parents/support-tools/home-activityworksheets?utm_source=Thinkuknow&utm_campaign=03cb8440df-TUK_ONLINE_SAFETY_AT_HOME_24_03_20&utm_medium=email&utm_term=0_0b54505554-03cb8440df-55313793

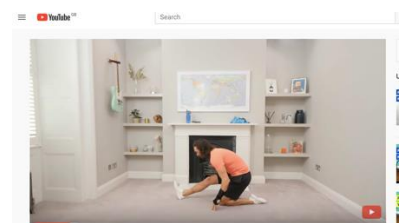


Home Start:

- Provides information about how to talk to your children about Coronavirus
- Link: <https://www.home-start.org.uk/useful-contact-numbers>

Celebrity classes: alternative classes run by celebrities to offer you and your kids free daily help with their education while schools are closed

- 9:00am: PE with Joe Wicks https://youtu.be/6v-a_dpwhro
- 10:00am: Math with Carol Vorderman www.themathsfactor.com
- 11:00am: English with David Walliams



<https://www.worldofdavidwalliams.com/elevenses>

- 12:00pm: Lunch (cooking with Jamie Oliver)
<https://www.jaimieoliver.com/features/category/get-kids-cooking/>
- 1:00pm: Music with Myleene Klass
<https://twitter.com/diversedancemix/status/1241098264373592065>
- 2:00pm: History with Dan Snow (free for 30-days)
<https://tv.historyhit.com/signup/package>
- 4:00pm: Home economics with Theo Michael (Mon/Wed/Fri)
<https://www.instagram.com/theocooks>



Add Up: A local support and action group, for Havering, Barking & Dagenham and surrounding areas. Addup was set up to bring families together, to guide parents in the right direction to find the practical help they need for their children and to promote both public and professional awareness of ADHD. We feel we have achieved many of our aims and will continue to work towards a better understanding of this condition amongst professionals

- For Urgent Support: The Addup mobile will be available Monday to Friday from 10am to 4pm – 07495 573836
- Link: <https://www.addup.co.uk/>



Follow us on twitter: @sycamoretrustuk
Find us on Facebook: @sycamoretrustuk
Look us up on LinkedIn: sycamore-trust-uk
Check us out on Instagram: sycamoretrustuk

Sycamore Trust: Supporting the needs of individuals and families/carers for whom Autistic Spectrum Disorders and/or Learning Difficulties are a part of daily life

- Link: <http://www.sycamoretrust.org.uk/>
- Created a couple of tools to help plan and review the day during this unsettling time
- Link: <http://www.sycamoretrust.org.uk/latest/article/Help-to-plan-and-review-your-day>
- Online community forum: <http://www.autismhub.org.uk/forum/>



RAGS: provide help and support for families who have a child / children with an Autism Spectrum Disorder

- Link: <https://www.rags-havering.org.uk/>
- If you want more information please email us info@rags-havering.org.uk You will be contacted as soon as possible



Havering
LONDON BOROUGH

- Link to website for information on Covid-19: <https://www.havering.gov.uk/covid19>
- Havering coronavirus helpline
- If you, or someone you know, have concerns around care, urgent issues around health and wellbeing or lack of access to supplies including food and medicine please call our free to use helpline: 0800 368 5201
- Open Monday to Friday 8.30am to 6pm. Saturday and Sunday 11am to 4pm. You can also email: covid19support@havering.gov.uk
- Directory of free online education resources - <http://www.amazingeducationalresources.com/>

Positive Parents - Havering

- Counselling Support for individuals with a child or adult with special needs **07858 406933 / 01708 524627**
- Link: www.positiveparentshavering.org.uk

solace

Solace: Havering Women's Aid, supporting victims of domestic abuse

- Link to main website: <https://haveringwomensaid.co.uk/>
- Link to information about the current Covid-19 situation and changes to some of their services: <https://www.solacewomensaid.org/news/covid-19-notification-service-users>
- Contact Havering Women's Aid on: 01708728759 or 01708521346



HBBS counselling:

- Committed to continue to support our clients and in order to achieve this are now offering counselling sessions via telephone - they hope to be able to offer video sessions very soon
- Their Family Liaison and Young Person Liaison Roles are working hard to provide support and resources to young people during this difficult time
- Please follow their Facebook page for regular updates about their service
- Link to website: <https://www.hbbscounselling.org/>



**Special Needs
And Parents**

SNAP: committed to ensuring they continue to deliver the best service they possible can for families during this difficult time.

- Comprehensive online support with their Information Network and Directory and they will continue to share information, ideas and strategies

- They are producing a Coronavirus Family Guide to help you to navigate these challenges times: <https://www.snapcharity.org/coronavirus-family-guide/>
- Link to website: <https://www.snapcharity.org/>
- SNAP Helpline: 01277 211300

RESOURCES FOR TEACHERS AND SCHOOLS



the british
psychological society

British Psychological Society: Providing advice to schools, parents and carers to help children through the uncertainty of school closures

- Outside CAMHS hours you have the **24-hour crisis line, Mental Health Direct (0300 555 1000)**
- Contains tips published by the British Psychological Society's Division of Educational and Child Psychology to help schools that are dealing with closure
- Link: <https://www.bps.org.uk/news-and-policy/bps-offers-advice-schools-parents-and-carers-help-children-through-uncertainty>



Anna Freud
National Centre for
Children and Families

Anna Freud Centre: Contains a section for how school's can support the wellbeing and mental health of children and young people during this period of disruption

- Link: <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>
- They also have an online guide for supporting schools and colleges: <https://www.annafreud.org/media/11160/supporting-schools-and-colleges.pdf>
- Online guide for supporting staff wellbeing: <https://www.annafreud.org/media/7653/3rdanna-freud-booklet-staff-wellbeing-web-pdf-21-june.pdf>



Mindfulness in Schools Project: Provides daily practice of mindfulness online with drop-in sessions that are intended to nourish, support, and connect us with each other through these unprecedented times

- Sessions take place Mondays-Fridays at 11:00am as well as Tuesday's and Thursday's at 7:30pm
- The sessions last 20-30 minutes and are accessed via Zoom: an online platform that allows us to see and hear each other with a training team member that can guide you through a practice and channel any discussion that will follow
- Link: <https://mindfulnessinschools.org/misp-sit-together/>
- Information about mindfulness in schools: <https://mindfulnessinschools.org/mindfulness-in-education/>



Education Support Partnership: Dedicated to supporting the mental health and wellbeing of education staff. Their support services are still available during this crisis

- Link: <https://www.educationsupport.org.uk/helping-you/coronavirus-supporting-education-staff>
- They offer a 24/7 helpline with trained counsellors on 08000 562 561: <https://www.educationsupport.org.uk/helping-you/telephone-support-counselling>
- The Employee Assistance Programme also continues to be available by telephone, helping you to look after yourselves and each other: <https://www.educationsupport.org.uk/helping-your-staff/employee-assistance-programme>
- They have also put together some key information for supply teachers who may be worried about their financial situation during the coronavirus pandemic: <https://www.educationsupport.org.uk/helping-you/information-supply-teachers-contractors-coronavirus>



The Department of Education: Responsible for children's services and education

- Have setup a dedicated helpline to answer questions about Coronavirus (COVID-19) related to education
- Staff (and parents/young people) can contact the helpline on 0800 046 8687 or by emailing DfE.coronavirushelpline@education.gov.uk
- Opening hours: 8am to 6pm (Monday to Friday)



ELSA Support: Includes a dedicated section for Coronavirus support, providing free resources for teaching staff and parents to help children cope with the current viral outbreak

- Resources include 'Health and wellbeing during the Coronavirus outbreak', 'Someone I know has Coronavirus story', 'Home and School Coronavirus resource pack', 'Social Contact Story', 'Coronavirus Story for children' and 'Coronavirus 14 day self isolation activities'
- Link: <https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/>



The Autism Society: has put together resources to help individuals continue to achieve academic success during these challenging times

- Within the list of resources, they have included a free at home curriculum for early autism education and information for schools on how to provide services to children with disabilities during the Covid-19 outbreak. There are also social stories such as 'Why Can't I Go to School', 'My Work Choice Board' and 'I Miss My Friends at School'
- Link: <https://www.autism-society.org/covid-education/>
- There is also a Coronavirus Information Series – a Facebook Live series dedicated to providing relevant, Covid-19 information for the autism community. This will feature an expert discussing specific topics like mental health and continuing school work and education at home
- Link: <https://www.autism-society.org/facebook-live-coronavirus-information-series/>



Place2Be: Continuing to provide support during this unsettling time

- All of the school support functions, including the Safeguarding team and specialist Educational Psychologists are continuing to support school communities as normal, while working remotely. This includes supporting school staff through Place2Think sessions: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-place2be-support-for-children-families-and-schools/>
- They are also offering their latest online teacher training module – Introduction to Mental Health – free to all Place2Be partner school staff: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-place2be-support-for-children-families-and-schools/>



Mentally healthy schools: supporting school staff during these uncertain times

- They have shared some key resources on Covid-19 (called Covid-19 Toolkit) to help school staff
- Within this toolkit is a booklet to support schools, videos to provide practical guidance and tips to schools, parents and carers about coronavirus and mental health, activities to ease anxiety that can be done at school or at home and other helpful advice, helplines and resources for adults and children
- Link: <https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing/>



HES: Will be sending regular updates with the latest information on Coronavirus to help protect yourself and others

- Updates include further information regarding Mental Health and Wellbeing, Family Services Directory, Early Years Funding, Business Support and Sports Clubs:
<http://hes.org.uk/Article/73009>

IN CASE OF EMERGENCIES



Outside CAMHS hours you have the **24-hour crisis line, Mental Health Direct**

- Manned evenings, overnight, weekends, and bank holidays, mental health nurses are available who can access our notes to provide the best advice and support at these times: **0300 555 1000**.
- If you are in a **life-threatening emergency, a very risky/dangerous situation or are unable to keep yourself or others safe**, you may still need to attend **A&E** or call an **ambulance** and/or the **Police** on: **999**

Other out of hour support services you can contact when feeling anxious, low or in crisis are:

SAMARITANS

- **The Samaritans** – dedicated volunteers will continue to support anyone in crisis from branches, wherever possible during this challenging time
- Whatever you're going through, you can call any time, from any phone for free. Call: **116 123**
- They have also provided some useful information on how to support your mental health during this uncertain time: <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/>

NSPCC

- **Childline** – some changes have been made to the services they offer due to the Covid-19 situation
- You'll only be able to speak to a counsellor online or on the phone between 9am and midnight – to make sure they can answer everyone who's waiting, you won't be able to join the queue for a 1-2-1 chat after 10.30pm
- After 10:30pm, you'll still be able to call for free on **0800 1111** up until midnight. You can also send a message from your locker any time, but they won't be able to read this straight away
- They've added an automated switchboard to help make it easier to get through when you call. You also won't be able to use [1-2-1 chat](#) on the Childline app for now, but you can still have one via the website



Shout – the UK’s first 24/7 texting service, free on all major mobile networks, for anyone in crisis any time, anywhere. It’s a place to go if you’re struggling to cope and you need immediate help.
Text: **85258**