

TEENAGERS' MENTAL HEALTH AND THE CORONAVIRUS

You need to consider your mental health at this time so I have created a guide which has websites which will provide you with up to date information and guidance.

Tips for coping during uncertain times

1. Trust Clyst Vale Community College- we are here for you.
2. Have a routine.
3. Look after yourself and others (eat well and keep hydrated).
4. Stay connected.
5. Stay physically active.
6. Talk about how you feel.
7. Take time out to do something you enjoy and a break from technology.
8. Know where to get support.
9. Think carefully about where you get information from.
10. Be positive about the future.

1. Trust Clyst Vale Community College- we are here for you.

Even though you are not currently in school, your teachers and the CVCC community are here for you. We are all thinking about you and will be in regular contact. Our rights, respecting ethos means that the students are at the centre of everything that we do.

2. Have a routine.

This will help reduce anxiety and keep you as mentally and physically as well as possible.

You need to - Get up, get dressed, wash and have breakfast by 9am. Keep your normal school routine at home. Check your emails and complete the work at the appropriate times. Don't forget to keep to a good sleep routine – go to bed and get up at your normal times.

3. Look after yourself and others

Think about the '10 a day', eat a varied and balanced diet (where possible) and don't forget to drink plenty of water. Keep to the self isolation rules and get some fresh air every day. You are allowed to go out and exercise with your family members- so walk, run or cycle. Don't forget to social distance. At home you could open the windows and spend time in your garden or on a balcony.

Self-care strategies - the Anna Freud Centre A selection of self-care strategies that have been developed by young people to help manage their own wellbeing. During a time when access to regular appointments may be disrupted or anxiety might be heightened, it might be helpful to try one or some of these strategies.

For more ideas on self-care visit: <https://www.annafreud.org/on-my-mind/self-care/>

4. Stay connected

Due to social media and technology you will find it easier to stay in contact with others. Remember to be kind and stay positive with your posts or when sharing information. You can connect through email, whatsapp, facetime or do something a bit more old school and write a letter or card. Your grandparents / family members would really appreciate talking to someone on the phone particularly if they live alone.

5. Stay physically active.

Even if you have limited space at home, think of innovative ways that you can exercise.

Try the Joe Wicks workout daily or a dance workshop.

Can you do this online and involve members of your family or friends?

If you have a ball, skipping rope, some weights (you can even use tin cans) you can create an activity.

If you have siblings could you do something each day together? (Penalty shoot-out, keep ups, juggling, skipping)

Have you got a Nintendo switch or a Wii that you could use daily in an active way?

Try and set up a challenge that you can improve on each day / week.

6. Talk about how you feel.

Remember to 'Take one day at a time' - We will all have good days and bad ones. Think about what we have done in Living Life to the full.

It is important that you talk to someone about how you are feeling and it is understandable to be worried. Try and do this on a daily basis and try and limit the time you spend. Labelling your worries will be helpful and it may be helpful to write them down.

Think about what things that you have control over and focus on those things.

You may not be able to go to your dance class but you can join into an online session.

You may not be able to see your Grandparents but you can chat to them on the phone each day.

<https://www.lttfyp.com/corona/>

The living life to the full programme that we have used at school is now free to access at home. You may find this useful if you want to recap on the programme.

7. Take time out to do something you enjoy and a break from technology.

Technology is great, but set aside some tech free time- turn off your phone and so not read all of your updates. You may feel that the messages are getting on top of you. Try and find something to do mindfully that focuses your attention on something else. Do something that you enjoy. This could be colouring, drawing, dancing, playing with playdough or a balloon, listening to or making music.

This could be a great opportunity to try something new- juggling, cooking a meal / cakes, knitting, origami, how to sign, a new language- there are endless possibilities!

8. Know where to get support

Here are some other places that you can find help and support about coping with self-isolation, your health or anxiety.

ChatHealth 07520 631722

ChatHealth is a text service for young people aged 13-19 to reach out to the School Nurse team for confidential advice on a wide range of issues such as bullying, emotional health and wellbeing, sexual health as well as illnesses.

ChildLine 0800 1111 (Freephone)

Childline is a free and confidential service. It offers children and young people a safe way to explore their worries however big or small. Support is available by phone or online any time day or night plus there is lots of information and advice on their website on wide range of issues. For more information please visit: <https://www.childline.org.uk>

The Mix 0808 808 4994 (Freephone)

The Mix provides safe and confidential group chat and discussion boards, plus messaging support service and telephone counselling for young people under 25. If you need help immediately you can also text The Mix on their crisis messenger text service which provides free, 24/7 crisis support across the UK. text THEMIX to 85258. For more information please visit: <https://www.themix.org.uk/get-support>

Young Minds

Up to date information for young people about self care while self isolating. Plus support and advice for young people that are concerned about their general mental and emotional wellbeing.

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

Online Counselling – Kooth.com

Young people aged 11 to 18 years have access to online advice, self-help tools and counselling through Kooth.com.

This is available 365 days a year and interactive counselling is available until 10pm every night. For more information please visit: <https://kooth.com>

Papyrus Hopeline Tel: 0800 068 41 41 or 07860 039 967

Support and advice for young people that are thinking about suicide. <https://papyrus-uk.org/>

Child Bereavement UK Helpline 0800 02 888 40

Support for children and young people who have had someone close to the die. They also have a free app.
<https://www.childbereavementuk.org/>

Thinkyouknow

Information about how to stay safe online
https://www.thinkuknow.co.uk/11_13/

Anna Freud centre

A Mental health toolkit which may be useful if you want to find the best ways to look after yourself.
<https://www.annafreud.org/on-my-mind/self-care/>

Rise Above

Rise Above is where you will find interesting and useful stuff from the web and beyond to get us all talking about the things that matter to us. You'll find inspiring and useful stories, videos, games and advice. This is a site designed by young people for young people.

<https://riseabove.org.uk/about/>

Action for Happiness

Using the **Coping Calendar** as you have in C42 will be a great place to start considering your mental health.

<https://www.actionforhappiness.org/>

9. Think carefully about where you get information from

Covid 19 is a new disease. Each day there are new developments and new information. It is easy to get caught up in false information and speculation which can be harmful and cause distress to you and others. Remember that even quality newspapers and TV channels can spread information that is not factual – they sell papers / TV time by using attention grabbing headlines.

So- Be selective about where you get your information from and check the facts before you share stories with other people. Make sure that you keep up to date with the information which is sent out by CVCC about the situation with regards to the school including examinations. Avoid passing on information that you have received from other sources.

For general advice about Covid 19 visit UK Government: www.gov.uk NHS: www.nhs.uk

10. Be positive about the future

It is important to focus beyond the now. We don't know what is going to happen in the future, how long this will go on for, or what the consequences will be. It is easy to get lost in the difficulties and the details.

Think about making positive plans about what you would like to do in the future-

- Who will you see, what will you do when we no longer need to self-isolate?
- What are you looking forward to most when you return back to school?
- What are your plans for the future- courses, careers, holidays and adventures?