



# COVID-19 Outbreak

## Mental Health Resources



**Suffolk**  
County Council



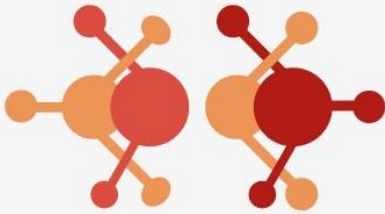
Children &  
Young People's  
Emotional  
Wellbeing Plan

2020

# Coronavirus

## What is COVID-19?

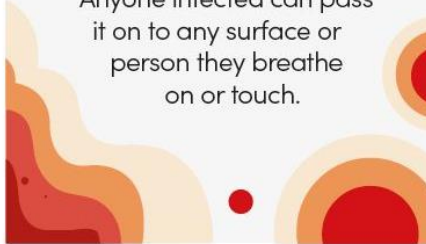
COVID-19 is a new illness that can affect your lungs and airways. It's caused by a family of viruses, known as coronavirus.



## 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.

## Information for parents, carers and professionals

We are all adapting to a new way of life due to Covid-19, and this is a very challenging and emotional time for families. As parents and carers, and those ensuring the welfare of children, it is important that we help children find positive ways to express their feelings. Below are some things that you can do to support children and young people during this time.

**Every child has their own way to express emotions:** Engaging in a creative activity, such as playing, and drawing can facilitate this process. Children feel relieved if they can express and communicate how they feel in a safe and supportive environment. This will help them to recognise and manage feelings, such as, sadness or anxiety, and know that it is okay to share these feelings.

**Keep children close to parents, carers and family members:** If considered safe for the child, avoid separating children from a parent/carer as much as possible. If a child needs to be isolated from a parent, during periods of separation, ensure regular contact with the parent/carer is maintained as much as possible, 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 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 and carers:** 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 so try to remain calm in front of your children. See the next page for additional advice.

# Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

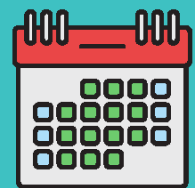
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.

Children &  
Young People's  
Emotional  
Wellbeing Hub

**The Emotional Wellbeing Hub:** Information and advice for parents, carers and professionals concerned about a child or young person's mental health, aged 0-25 years, in East and West Suffolk. Visit:

[www.emotionalwellbeinggateway.org.uk](http://www.emotionalwellbeinggateway.org.uk)

Call **0345 600 2090** (Mon-Fri, 8am-7.30pm)

**POINT 1**

**The Point 1 Service:** Support for children and young people experiencing mental health and emotional wellbeing problems, and live in Lowestoft and Waveney.

Call **0800 977 4077** <https://point-1.org.uk>

For other mental health services for 0-25s in Norfolk & Waveney [click here](#)

**wellbeing**  
Service

**The Suffolk Wellbeing Service:** A range of support for common emotional wellbeing issues, such as low mood, depression or stress. Visit: [wellbeingnands.co.uk](http://wellbeingnands.co.uk)

Call: **0300 123 1503**.

**kooth**

**Kooth:** A free online counselling and emotional wellbeing service for young people in Suffolk, accessible through mobile, tablet and desktop.

Visit: [www.kooth.com](http://www.kooth.com)





**The Source website:** Information and sources of support for young people in Suffolk about Coronavirus and emotional health and wellbeing issues. **Visit:**

[www.thesource.me.uk/coronavirusinfo](http://www.thesource.me.uk/coronavirusinfo)

[www.thesource.me.uk/wellbeing](http://www.thesource.me.uk/wellbeing)



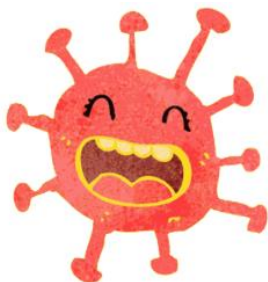
**Moodwise:** Tools and resources to help 16-25 year olds to feel better.

**Visit:** [www.moodwise.co.uk](http://www.moodwise.co.uk)



**ChatHealth:** 11-19 year olds can ask for confidential help and advice on health issues from a Suffolk School Nurse.

**Text: 07507 333356** (Mon-Fri, 9am-4.30pm)



**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.

**Visit:** [www.mindheart.co/descargables](http://www.mindheart.co/descargables)



**Children's guide to coronavirus:** The Children's Commissioner has created a children's guide to coronavirus to help explain the situation. The guide aims to answer children's questions about coronavirus, tell children how to stay safe and protect other people and help them make the best of their time at home. [Click here](#)



# Emotional Wellbeing, Mental Health and Learning Disabilities COVID-19 Information Hub



Find information about looking after your physical and emotional health at home on the Healthy Suffolk COVID-19 Information Hub. Visit: [www.healthysuffolk.org.uk/covidhub](http://www.healthysuffolk.org.uk/covidhub)

## YOUNGMINDS

### 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.

If your child is worried or anxious about Coronavirus, Young Minds have created a Parents Helpline for expert advice on what you can do. Visit: [www.youngminds.org.uk](http://www.youngminds.org.uk)

Questions to ask your child in self-isolation

YOUNGMINDS

STARTS 20TH APRIL

GOT TO STAY HOME :(

WHATS UP?

STAY WELL AT HOME WITH THE 30 DAY WHAT'S UP CHALLENGE

30 day WHAT'S UP CHALLENGE

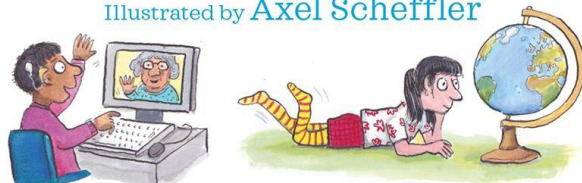
Visit: [www.thesource.me.uk/whatsup](http://www.thesource.me.uk/whatsup)

**30 Day Whats Up Challenge:** It's 30 simple things young people can do with friends and family to support their emotional wellbeing at home. **Visit:**

[www.thesource.me.uk/whatsup](http://www.thesource.me.uk/whatsup)

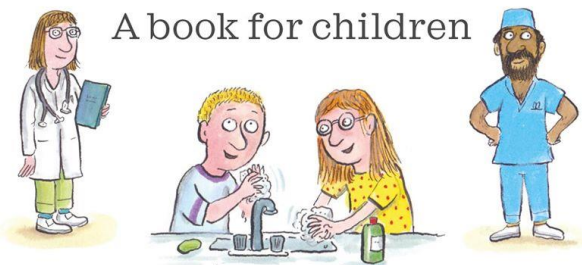
by Elizabeth Jenner, Kate Wilson & Nia Roberts

Illustrated by Axel Scheffler



# Coronavirus

A book for children



Consultant: Professor Graham Medley  
Professor of Infectious Disease Modelling,  
London School of Hygiene & Tropical Medicine

nosy  
crow

## Coronavirus book for children:

Axel Scheffler has produced a book about Covid-19 Coronavirus just for children and it's available as a FREE download to every family who needs it. [Click here](#)

## Reading Well Resources



[www.suffolklibraries.co.uk/health](http://www.suffolklibraries.co.uk/health)

**READING  
WELL**

[www.reading-well.org.uk/books](http://www.reading-well.org.uk/books)



# 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:





**Suffolk Parent Carer Network:** SPCN is a network of parents and carers of children with additional needs and/or disabilities. They have created a [family support pack](#) and are offering support to Suffolk parents online and over the phone.

**Call: 01473 345375**

**Visit: [www.spcn.org.uk](http://www.spcn.org.uk)**

**Facebook: @Suffolkpcn**



**Suffolk SENDIASS:** Suffolk

SENDIASS (Special Educational Needs and Disabilities Information Advice and Support Service) is a confidential and impartial information, advice and support service on issues related to Special Educational Needs and Disability (SEND).

**Visit: [www.suffolksendiass.co.uk](http://www.suffolksendiass.co.uk)**



**Suffolk SEND Local Offer:** Information about support services and local opportunities for children and young people with SEND.

**Visit: [www.suffolklocaloffer.org.uk](http://www.suffolklocaloffer.org.uk)**



Take a look at an easy read guide Mencap have created around the Coronavirus (COVID-19). **Visit: [www.mencap.org.uk](http://www.mencap.org.uk)**



## Take part in a HealthWatch Suffolk Wellbeing Survey and make a difference!

The below short surveys about wellbeing, will help local services identify what emotional wellbeing support is needed for people after the Coronavirus restrictions have been lifted.

[Survey for young people age 11 to 19 \(up to 25 with SEND\)](#)

[Survey for parents and carers](#)

[Survey for teachers and those who work in education](#)

The surveys are open for four weeks, and will close on 25<sup>th</sup> May.

[Click here for more information](#)

## 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 Carry*

*Meditation, Yoga, Pilates, Tai Chi*



[\*\*www.nowsthetimeforchange.com\*\*](http://www.nowsthetimeforchange.com)



Carers UK have given some guidance on what support is available to you as a carer and those you look after.

[Click here](#)



**Wednesday's Child:** Is a new eating disorder helpline available to families and sufferers in Suffolk affected by an eating disorder. **Call: 0800 844 5211**



FEAST provides useful information and online support for parents of those with eating disorders. **Visit:**

[www.feast-ed.org](http://www.feast-ed.org)



Public Health Agency advice on COVID-19 for places of Education.

**Visit:** [www.publichealth.hscni.net](http://www.publichealth.hscni.net)



**NHS East of England Eating Disorders Clinical Network films:** You can stream or download the short 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.

**Visit:** [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

### **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](#)



## Overturing 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 answers and support you need to help them on the road to recovery as soon as possible.



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

## Need to talk?

Free, anonymous  
and safe online  
support for children  
and young people  
365 days a year

kooth



Suffolk extends  
'Kooth' online  
mental health  
counselling service  
to young people  
aged 19-25, in  
response to  
COVID19 crisis



Friendly  
counsellors



Self-help  
materials



Peer support

Kooth has been providing young people in Suffolk aged between 11 to 18, with a safe and secure place for them to access online support for their emotional health and wellbeing needs, from friendly qualified counsellors and support workers. Now the service has been extended to include young adults up to 25 years old. [Click here for more information.](#)



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](#).



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.](#)



**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 details](#)



**Anxiety UK:** A range of information, resources and support for helping to deal with your anxiety during Coronavirus [Click here](#)



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



**Childline:** Advice for children on managing anxiety. They also have a Calm Zone with activities and videos to help children keep calm. [Click here](#)



**Anna Freud:** Provide clear, simple advice to all those who are supporting children and young people - including to young people themselves.

**Visit:** [www.annafreud.org](http://www.annafreud.org)



**Samaritans:** Advice if you're worried about your mental health during Coronavirus and looking after yourself in social isolation. [Click here](#)



**Stem4:** Have lots of resources to help parents manage their teenagers mental health during the coronavirus outbreak.

[Click here](#)



**Cruse Bereavement Care:** They have information for families for dealing with grief caused by Coronavirus, and advice on grieving in isolation. [Click here](#)



**Child Bereavement UK:** They provide support for bereaved children and families, and have an information sheet to support bereaved children through difficult times.

[Click here](#)

**Helpline: 0800 02 888 40** (Mon-Fri, 9-5pm)

A time capsule that reflects the time a virus came to Town.

'THE ART OF BEING

2 METRES APART!

£30 voucher  
for winner of  
each category

Two age  
categories:

- 5-11
- 12-19 (25 with SEND)

2020 TIME  
CAPSULE  
COMPETITION

The idea behind this time capsule competition is to help children and young people to express and share their feelings during this difficult time through Art, Music or Creative Writing, which could be reflections on current daily life, ways in which we are adapting and how we are managing our fears and hopes. Also, to gather advice for future generations should they face a pandemic or significant change again. [Click here](http://www.thesource.me.uk/timecapsule)

For more details [www.thesource.me.uk/timecapsule](http://www.thesource.me.uk/timecapsule)



# Wellbeing Apps



## ANXIETY, LOW MOOD & STRESS



Pacifica



In Hand



Stop, Breathe, Think

## SELF-HARM



Calm Harm

## EATING DISORDERS



Recovery Record

## SUICIDE PREVENTION



Stay Alive

Visit: [www.thesource.me.uk/Apps](http://www.thesource.me.uk/Apps)

## HOME, BUT NOT ALONE

Connecting volunteers and vulnerable people in Suffolk

DOWNLOAD

**Tribe - Volunteer**  
APP TO VOLUNTEER



Need a volunteer's help? Call: **0800 876 6926**

#COVID19SUFFOLK

**Home, But Not Alone:** Is a new Suffolk-focused community service to support people in Suffolk who need help during the COVID-19 pandemic. The service helps connect people who want to volunteer in their communities with neighbours who are most in need. People who need help can freephone to request support on **0800 876 6926** (9am to 5pm, seven days a week), while those offering support can do so through a free app called 'Tribe Volunteer'.

[Click here for more details](#)