




## Ideas for looking after your mental wellbeing

Everyone is coping differently during this period and facing different challenges. Below are some ideas and resources that might be helpful for supporting emotional and mental wellbeing.

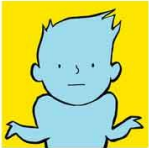
Remember: To exercise (mindfulness walks can be helpful), keep the evenings and weekends for fun, finally, be kind to yourself – you're doing the best you can.

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|    | <p><b>Calm</b></p>        | <p>Breathing and calming techniques, sleep music and stories; with 'kids' section for 3-17 year olds. Free with optional in-app purchases.</p> <p><a href="http://www.calm.com">www.calm.com</a></p>   |
|   | <p><b>Samaritans</b></p>  | <p>To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call <a href="tel:116123">116 123</a> (free from any phone), email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> or visit some branches in person.</p> |
|  | <p><b>Headspace</b></p>   | <p>Guided meditation and mindfulness. Free with optional in-app purchases. Currently free meditation courses 'weathering the storm' to support mental health and wellbeing:</p> <p><a href="http://www.headspace.com">www.headspace.com</a></p>  |
| <p><b>THE NEST</b></p>  | <p><b>The Nest</b></p>    | <p>Free online mental health service for young people aged 13-25, provided by Southwark Council developed through feedback from young people in the borough.</p> <p><a href="http://www.thenestsouthwark.org.uk">www.thenestsouthwark.org.uk</a></p>                                   |
| <p><b>YOUNGMINDS</b></p>  | <p><b>Young Minds</b></p> | <p>Advice and tips for young people and parents on how to support mental health.</p> <p><a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></p> <p>Text: <b>YM</b> to <a href="tel:85258">85258</a></p>   |
|   | <p><b>Kooth</b></p>       | <p>Free online services offering emotional and mental health support for children and young people.</p> <p><a href="http://www.kooth.com">www.kooth.com</a></p>  |



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|    | <b>Quell</b>                     | Free online emotional wellbeing and mental health support for adults / parents.<br><a href="http://www.quell.io">www.quell.io</a>   |
|    | <b>The Mix</b>                   | Free confidential support for young people under 25 via online, social and mobile.<br><a href="http://www.themix.org.uk">www.themix.org.uk</a><br>Text: <b>THEMIX</b> to <a href="tel:85258">85258</a>              |
|    | <b>SANEline</b>                  | If you're experiencing a mental health problem or supporting someone else, you can call SANEline on <a href="tel:03003047000">0300 304 7000</a> (4.30pm–10.30pm every day).   |
|  | <b>KIDS</b>                      | Provides services for disabled children, young people and their families irrespective of their impairment or condition.<br><a href="http://www.kids.org.uk">www.kids.org.uk</a>                                     |
|   | <b>National Autistic Society</b> | Provide life-changing information and advice to millions of autistic people in the UK. The UK's leading charity for autistic people and their families.<br><a href="http://www.autism.org.uk">www.autism.org.uk</a> |
|  | <b>I CAN</b>                     | Children and young people's communication charity, supporting families with communication skills.<br><a href="http://www.ican.org.uk">www.ican.org.uk</a>   |
|  | <b>RADLD</b>                     | British charity raising awareness in developmental language disorders and providing free resources for families.<br><a href="http://www.radld.org">www.radld.org</a>  |



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| <p><b>TalkingMats</b> </p> | <p><b>Talking Mats</b></p> | <p>Free visuals which can provide a springboard for exploring how young people feel about the World Health Organisation guidelines</p> <p><a href="https://www.talkingmats.com/wp-content/uploads/2013/09/20200319-coronavirus-easy-read-pdf.pdf">https://www.talkingmats.com/wp-content/uploads/2013/09/20200319-coronavirus-easy-read-pdf.pdf</a></p> |
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