

## Useful resources and support for young people

### Websites and Helplines

Mood Spark a place where young people aged 10-16 can learn how to look after their emotional and mental health and find ways to help them bounce back when life gets tough.

Kooth online support and counselling for 10-16-year olds in Ashford, Canterbury, Dover, Folkestone and Hythe, Gravesham, Maidstone, Swale, Thanet and Tonbridge & Malling.

Kent Resilience Hub one place where you can increase your understanding and awareness, find approaches and tools to navigate your way to appropriate support and services relating to resilience and emotional wellbeing

Kent County Council are launching Draw Your Own Solution, a new National Lottery funded campaign to help young people in Kent (aged 10-16) develop resilience, as part of Kent's wider HeadStart programme.

Hope Again is a website for young people going through a bereavement, where you can find information, read other people's experiences, and add your own. The Kent-based charity Holding On Letting Go helps children to cope with the death of someone close to them. Winston's Wish and Child Bereavement Charity websites also offer information and advice.

Cruse Bereavement young people's helpline on 0808 808 1677.

Calm – <https://www.calm.com/> or download the app

Childline – <https://www.childline.org.uk/> or call 0800 1111 or 1:1 online counsellor chat

Self-harm UK - <https://www.selfharm.co.uk/>

Mee Two – <https://www.meetwo.co.uk/> or download the app

NHS NELFT – <https://www.nelft.nhs.uk/>

We are with you (previously known as Addaction) – <https://www.wearewithyou.org.uk>

Young Minds – <https://youngminds.org.uk> or text YM to 85258

The Mix – <https://www.themix.org.uk> or call 0808 808 4994 or text THEMIX to 85258

Samaritans – [www.Samaritans.org](http://www.Samaritans.org) or call 116 123 free

Papyrus – <https://papyrus-uk.org> or call: 0800 068 4141 or text 07860039967

NHS Chathealth: Chathealth confidential texting service for young people aged 11-19 will operate as normal. Young people can text the school health team about any concerns or health issues on 07520 618850.

### Youth Activities

The Salus Youth Team are offering virtual youth sessions to young people aged between 8-19 years. The sessions include language lessons, make up tutorials, quizzes and fun games with new topics and suggestions being added each week. You will need to download the Zoom app on your device (e.g. phone or PC) in order to be added to the session. You will receive an email before the sessions with a code to join a meeting. On your app you will then click on join and type the number given in the email to access the session

Kent County Council are making all our youth services available online, including opportunities for you to talk to youth workers and friends, as well as lots of new activities for you to try. Select your area to find out what's on and join in.

### Advice leaflets

An easy read advice leaflet about the corona virus is [here](#).

A social story about the corona virus is [here](#)

A child friendly explanation of the corona virus is [here](#)

## Useful resources and support for parents and practitioners

### Wellbeing and mental health

[Kent Resilience Hub](#) one place where you can increase your understanding and awareness, find approaches and tools to navigate your way to appropriate support and services relating to resilience and emotional wellbeing.

[Young Minds](#) have a parent's helpline, information and resources

[MindEd](#) is a free educational resource on children and young people's mental health for all adults

Get tools and tips to from [Internet Matters](#) to support your child's digital wellbeing on Facebook, Instagram and WhatsApp.

Mind [www.mind.org.uk](http://www.mind.org.uk) We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. They have also created a really useful and detailed page on [coronavirus and your wellbeing](#).

[Minds Action Children](#) for self-esteem and helping your child.

[Parents with Confidence](#) help your child to emotionally regulate.

[Anna Freud](#) has a guide to supporting the mental health and wellbeing of staff at schools and colleges during periods of disruption

As a parent or carer of a young person, you are extremely influential to their resilience journey visit [Draw Your Own Solution](#) for more information.



Public Health England have developed guidance on the [mental health and wellbeing aspects of coronavirus](#).

NHS' [Every Mind Matters](#) website is all about looking after your mental health and wellbeing including information about [sleep](#). Their website also offers an [interactive quiz](#) to give you some personal top tips and advice around promoting positive emotional and mental health and wellbeing. This has also been tailored for the Coronavirus outbreak.

They have also created a variety of useful videos on several different topics:

[tips for better sleep](#)

[tackle your worries](#)

[take control of stress](#)

[reframing unhelpful thoughts](#)

[social connection](#)

[healthy lifestyle](#)

[keep learning](#)

NHS have also created a webpage about [Mindfulness](#), which can help improve your mental wellbeing.

[www.Kooth.com](http://www.Kooth.com) - online support for young people (10-16-year olds) in Kent. Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people. Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours, young people can message the team and get support by the next day. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated. You can also view a short [video](#) about the service.

Here are some videos of various mindfulness practices that can be undertaken individually or as a family:

Every Mind Matters - [progressive muscle relaxation](#)

Headspace - Sunday Scaries | [Take a Mindful Walk](#)

Headspace - Sunday Scaries | [A Mini-Meditation on Self-Care](#)

Headspace - Sunday Scaries | [A Mini-Meditation for Our Wellbeing this Week](#)

Headspace - [STRESSED?](#) Learn to reframe stressful situations with this short meditation

Partnership for Children have produced this [worksheet](#) of activities (including growing seeds), which can help with conversations surrounding difficult changes and loss.

The NHS, Adult Mental Health Service, launched five Safe Havens virtually on Monday 20 April, to provide mental health support to any resident in Kent and Medway. They can help any resident of Kent and Medway aged 16+. If you or anyone you know are feeling distressed, overwhelmed, or that things are too much and don't know where to turn to get support in the evening, then Safe Haven is here. The emphasis is on reducing immediate distress and supporting people to access services and opportunities available to them in the wider community. They provide one-to-one emotional support from trained mental health professionals. **Safe Haven** will be providing telephone support only when they open on 20 April 2020 between 6pm and 11pm, 365 days per year. [Flyers are available for each location.](#)

Kent Autistic Trust have created a free [Calm Pack](#) for families. This pack is full of activities and exercise to help families come together to feel safe and calm during this difficult time. The pack helps give reassurance to children.

### **Advice and Information**

[Covid-19 guidance](#) is for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak. This provides [guidance for parents](#) on what to do if a child shows any of the symptoms or signs.

[Family Lives](#) if you're finding it hard at home with your child and are struggling to cope, call for free, confidential advice on 0808 800 2222.

[NSPCC](#) if you're worried about the safety of another child in our community, call them on 0808 800 5000. Or call the police on 999 if you think a child is in immediate danger.

Find out how to tackle hate online and online trolls with [Internet matters](#) advice guide, what online hate is and how to support your child.

'Fegans' have set up a [family hub](#) which contains articles, ideas, etc. for parents. They have also set up a dedicated [forum](#) to help ALL parents during the lockdown. Just ask any question about family life - and their Parents Support Workers will do their best to answer.

To ensure that vulnerable victims of abuse get the support they need at this difficult time, the Domestic Abuse Volunteer Support Service (DAVSS) have expanded their volunteer support services via their helpline - doubling opening hours and providing a named volunteer Advisor, working from home, to support people by telephone for as long as needed. Their helpline 01892 570538 is open Monday – Friday between 10am – 4pm. They continue to accept referrals from partner organisations and self-referrals via their [website](#).

The [Kent Integrated Domestic Abuse Service](#) is continuing to deliver remote support to individuals and take referrals for all services (although referrals will only be accepted if remote working with the client is possible). They will signpost to other suitable organisations where appropriate or consult on support. Remote working includes using technology and telephone systems to deliver support services.

### **Practical Support**

Find a [foodbank](#) tool using a postcode.

Kent Support and Assistance Service (KSAS) may be able to help you if you are having serious difficulties managing your income due to a crisis or if you are facing exceptional pressures because of an emergency. The support can be accessed via [home essentials in a crisis](#). There is an understanding is that it is £9 per person per household to spend on shopping – not restricted to food.

There is also help and support available from KCC for families living in Kent. Kent County Council has launched a new 24-hour helpline 03000 41 92 92 and website called [Kent Together](#) to support vulnerable people in Kent who need urgent help, supplies or medication. The helpline will provide a single, convenient point of contact for anyone in the county who is in urgent need of help during the Coronavirus outbreak. It is a collaboration between KCC, central Government, District, Borough and local councils, the voluntary and community sector, the NHS, emergency services and other partners to ensure help is at hand for vulnerable people.

Universal credit support can be found [here](#). Or you can call 0800 328 5644.

### **Useful Digital Resources for Public Health in Kent**

Where possible, promote, share and signpost clients to the following digital resources:

- One You Kent - information and guidance for healthy lifestyle choices, with a selection of free apps and support offered via telephone.
- Live Well Kent - online & telephone mental and physical health support service
- Your Sexual Health Matters - sexual health information, access to condoms & STI online testing
- Health Visiting Service - contacts for Kent Health Visitors
- NHS 111 Online COVID-19 - NHS Online Coronavirus Tool
- Public Health England COVID-19 Promotional Materials - leaflets, posters, guides etc.
- School Nursing Service: Single point of Access is still open to referrals via the [online portal](#) and can be contacted on 03001234496.
- NHS Chathealth: [Chathealth](#) confidential texting service for young people aged 11-19 will operate as normal. Young people can text the school health team about any concerns or health issues on 07520 618850. The number is monitored Monday to Friday, 9am to 5pm. Parents, young people and schools can access a range of helpful information and resources via the [Kent Youth Website](#).

### **Education**

The Department for Education (DfE) has produced a list of online educational resources to help learning at home, all of which are currently being offered for free. There are also some links for resilience building; [online educational resources](#).

DfE has signposted [resources on supporting and promoting mental wellbeing](#) among the list of resources to help children to learn at home. DfE has worked with the BBC on an online educational package, which includes wellbeing content via [BBC Bitesize](#) and social media channels.

PHE has updated resources and provided advice in the context of the pandemic, including: the world-leading [Every Mind Matters](#) platform; [Rise Above](#) for young people, which includes RSHE lesson plans for schools; and [guidance on mental health and wellbeing during the pandemic for adults and on supporting children and young people](#).

Health Education England's (HEE) educational mental health platform, [MindEd](#), contains resources for parents and professionals on children and young people's mental health. These have been updated in light of the pandemic.

DfE's [guidance about safeguarding children](#) in all education settings during COVID-19 includes information on mental health and signposts to [guidance on mental health and behaviour](#).

A lot of people have started using Zoom recently, [here](#) is a toolkit for teachers around using Zoom with young people.