



Supporting our young people's mental health during lockdown

During these times of uncertainty, it is natural that we may experience feelings of anxiety and low mood. Once again, we are having to adapt to learning in new ways. We can't do all the things we enjoy and we are missing being able to spend time with friends and family. Taking care of ourselves and our mental health is more important than ever.

If a young person within your care is struggling with their mental health, we would encourage you to let us know. We have a school counsellor currently offering remote sessions. A pupil self-referral form for the counsellor can be accessed [here](#) and below you will find details of organisations offering support for young people.

Organisations that can provide support

Young Minds

Young Minds is a charity with an excellent website full of resources and support for Young People up to the age of 25. They also operate a 24hours text support service in partnership with Shout, as well as a helpline specifically for Parents and Carers who are concerned about a young person.

<https://youngminds.org.uk/>

Young people can text YM to 85258 for support, this is a free service and messages are answered by trained volunteers.

Parents/Carers can get support by calling 0808 802 5544 (9.30am – 4pm Mon-Fri)

Shout

Shout is a free and confidential 24/7 text messaging support service for Young People and Adults. Their website also has a range of resources relating to mental health

<https://giveusashout.org/>

Text SHOUT to 85285 to connect with a trained volunteer.

The Mix

The Mix is a UK based charity that provides free and confidential support to Young People up to the age of 25. The website has a range of support resources or you can connect with someone through online chat, Crisis messaging service or by telephone.

<https://www.themix.org.uk/>

The helpline number is 0808 808 4994 and is available between hours of 3pm to 12am every day.

Childline

Due to the pandemic, Childline have had to alter their hours of operation however support is still readily available and there are message boards where young people can connect to others.

www.childline.org.uk

0800 1111 is the freephone number, currently operating between hours of 10.30pm and 3.30am

121 online chat is available everyday between the hours of 9am to 10.30pm.

Suggestions to support mental health during lockdown

Routine

Since starting school, young people have become so used to having a routine and suddenly this has drastically changed. It can be tempting to skip normal parts of our routine when we have nowhere to go, such as getting dressed, but actually maintaining some sort of routine can be really helpful for our mental health. A routine can help a young person feel more in control and grounded. Setting small achievable daily goals can be helpful, whether related to school work or something personal. Ensure to include something enjoyable each day.

Connecting with others

With limitations on seeing people face to face, it is more important than ever to stay in touch with family and friends in order to reduce feelings of isolation and loneliness. The simplest of interactions can really boost our mood, try to make time each day to connect with someone you care about.

Time Outdoors

Frequent exercise or just time spent in the fresh air can have a positive impact on mental health. Focussing on the things you can see and hear around you can divert attention from anxious thoughts.

For more information, tips and advice on looking after your mental health during lockdown, you will find a lot of information on the Young Minds website via this link <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

