



Coronavirus and Your Wellbeing

INFORMATION FOR CHILDREN AND YOUNG PEOPLE

You may be confused or worried about coronavirus and the impact it is having on your life. This could be having to stay at home or avoid other people. You may start to feel bored or frustrated and miss other people. You may feel low, worried or find it difficult to sleep.

This is completely normal – things keep changing as we learn more about the virus, schools have closed, we are on a national lockdown again and people are self-isolating to protect themselves and others.

This can feel overwhelming and at times like these, it can be easy to fall into unhealthy habits, which can make you feel worse.

There are simple things you can do to make you feel better. We have put together some useful information and links to where you can find tools to help you during this difficult time.

Medway Youth Service

Medway youth service Face-face social activities for children and young people are currently suspended. However, they are offering a range of [online sessions via Microsoft Teams](#) for young people aged 11-18, as well as Talk to a Youth worker session, where young people can talk 1-1 with youth workers, which can be requested by emailing youth.service@medway.gov.uk

SHOUT

24-hour service for anyone in Kent or Medway in need of mental health crisis support. This service (for all age groups) is available simply by texting the word "Medway" to 85258



[Young Minds](#) provides Information on [coronavirus and mental health for young people](#)

YOUNGMINDS

childhealth@medway.gov.uk





Medway Child Health Team

The child health team will also be sharing a number of resources online, to support children and young people's mental health and emotional wellbeing.

You will be able to access via the [A Better Medway social media](#) pages.



MEDWAY YOUNG PERSONS' WELLBEING SERVICE

This for people aged 0-19 years or up to 25 with SEN needs. The service offers advice and support for stress, low mood, and depression, anxiety, self-harm, difficult to manage behaviours as well as support for neurodevelopmental difficulties such as ADHD or ASD. You might benefit from some of the [self-help resources](#) accessible at or you can self-refer on 0800 011 3474



SELF-CARE AND DISTRACTION IDEAS

[Apps](#) can help you to help relax

[Calm-Harm](#) is suitable for people who are trying to manage urges to self-harm

[Chill Panda](#) is suitable for children who want to learn how to manage stress, relax and feel better

[Headspace](#) helps you to let go of stress and relax with guided meditations and mindfulness.

[Cove](#) allows you to create music connected to your feelings

[DAYLIO](#) is a daily mood tracker suitable for people age 4



An **ARTS CLUB** for
YOUNG PEOPLE
at raised risk of **SUICIDE**

If you or someone you know would benefit from joining Wave, please get in touch. Anyone based in Kent and Medway, aged 15 – 24, and who is at risk of suicide or self-harming is welcome to join us.

They can be referred by a parent, friend, care professional, or themselves. We meet twice monthly, one evening and one weekend day.

Please email Xtina at:
intraarts@gmail.com



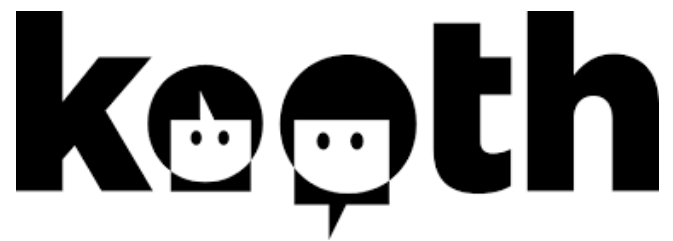
The Medway Young Carer project

Speaking to someone

Aims to support young people aged 5 to 18 who are in a caring role by offering them support and the opportunity to have a break from their caring role and meet others who are in a similar situation. They are also running Zoom chats and Zoom activities for the Young Carer's and Young Adult Carers.

To register as a Young Carer or for more information please phone **0300 303 1555** or email YoungCarers@carersfirst.org.uk

[Kooth](#) provides online counselling for 10-17yr olds



ON MY MIND

[On My Mind](#) aims to empower young people to make informed choices about their mental health and wellbeing.

This website has been co-produced with young people to help other young people.



[MoodSpark](#) is 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.



GET SUPPORT

EMERGE

A VOICE OF HOPE


Are you aged 10-25 and struggling with anxiety, self-harm or suicidal thoughts? Emerge are a team of youth workers who are experienced in this area, who are here to help. Our team of volunteers offer a **Voice of Hope** in the midst of your situation, giving their time to offer distraction, encouragement and care, and can help you to process your thoughts or feelings.

GIVE US A CALL

We are available for a chat over the phone or by text if you are having a tough time
Tues-Thurs, 7-11pm.

07983 136 215

Check out our website: www.emergeadvocacy.com/isolation-busters

 @Emerge.Advocacy

FOLLOW UP SUPPORT

We also offer 3 months of follow up support (currently via voice or video calls), to catch up and see how else we might support you through this time.

 @emergeadv0cacy



You can contact Childline about anything. Whatever your worry, its better out than in. They are there to support you.

There are lots of different ways to speak to a Childline counsellor or get support from other young people.

Start a **1-2-1 chat** from 9am - 10:30pm. You can also call **0800 1111** free from 9am - 3:30am.



Young Lives Foundation

The foundation are continuing to promote their services, activities, information and access to support across out social Media Platforms and their website.

[YLF Website](#) [YLF Facebook page](#)

[YLF Advocacy page](#)

Contact Lucy Wheatley: lucy.wheatley@ylf.org.uk
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