

## COVID-19 Tailored Support.

**Protect your well-being.** Young minds have created a guide to looking after your mental health while self-isolating. Read that [here](#). Their website also has great advice for managing stressful situations and suggests ways to relax and feel calm.

**Advice for carers.** Carers UK give advice around creating a contingency plan if you or the person you care for has the virus or external carers. Read it [here](#).

**Public Health Advice.** Public Health England have produced an easy read version of their Advice on the coronavirus for places of education. You can download it [here](#).

**Government Advice.** Read the Government's latest information and advice regarding coronavirus [here](#).

**NHS Advice.** The NHS also has information about the virus, what you can do to prevent its spread and what to do if you worried that you might have symptoms. Read it [here](#). The NHS has also developed some tips for protecting your mental well-being while staying at home. Read these [here](#). As well as some tips to help manage your anxiety about coronavirus. Read these [here](#).

## Mental Health Online Resources

**Childline 0800 1111** Free, private and confidential helpline for any issue

**The Mix [www.themix.org.uk](http://www.themix.org.uk)** Crisis messenger service open 24/7. One to one messaging and telephone counselling. Group chats (specific ones for support, or to unwind and have fun) and discussion boards. Includes apps for all kinds of things including games for stress. Information on a huge range of topics (sex and relationships, your body, mental health, drink and drugs, money, work and study...)

**Kooth [www.kooth.com](http://www.kooth.com)** Free, safe, anonymous online support for young people: online counselling, article, advice and information written by young people, community support, daily journal writing

**Young Minds [www.youngminds.org.uk](http://www.youngminds.org.uk)** Lots of mental health information on feelings and symptoms, conditions, ways to look after yourself, medication and where to get support.

**Papyrus [www.papyrus-uk.org](http://www.papyrus-uk.org)** Charity working to prevent young Suicide: confidential suicide prevention advice for you or someone you are worried about

## Well-being Apps.

**In Hand.** App to help with whatever you are feeling in the moment

**Personal Zen.** Games to reduce stress and anxiety

**Stop Breath and Think.** Meditations and activities based on how you are feeling

**SAM.** For self-help anxiety management, including games, tools and tracker

**Calm Harm.** Techniques to relieve difficult feelings, particularly designed for people who self-harm.

**HappiMe.** Positive thinking techniques to increase self-esteem, confidence and happiness

