

Local Resources and Useful Websites



CHUMS Mental Health & Emotional Wellbeing Service for Children and Young People provides therapeutic support in a variety of ways to young people in Luton and Bedfordshire. CHUMS has developed a unique service delivery model to ensure that children and young people are able to access a service that supports their individual needs.

TOKKO - Luton

Counselling at TOKKO is short-term intervention counselling (4-6 weeks); it allows young people in Luton to share their problems in a confidential environment while being treated with respect based on an understanding of their individual culture and background.

KOOTH: is a free, safe and anonymous online counselling service for young people aged 10-16. It provides support from qualified counsellors via mobile, tablet and desktop computer. Young people can access support directly without needing a referral by joining KOOTH online at www.kooth.com

Family Lives <http://familylives.org.uk>

Online parenting advice and support

MoodJuice <https://www.moodjuice.scot.nhs.uk/professional/index.asp>

A range of online resources around mental health

Available Monday - Friday, 10am-10pm; Sat/Sun & bank holidays 2pm-10pm

HOPELINEUK

- **HOPELINEUK – call 0800 068 41 41 or text 0778 620 9697**

A specialist telephone service for support, practical advice and information to young people up to the age of 35 who are worried about how they are feeling or anyone who is concerned about a young person.

Available Anytime (24/7)

- **ChildLine – call 0800 1111**

Talk to a counsellor for free anytime by calling 0800 1111.

You can also log in for 1-2-1 chat or email

(www.childline.org.uk/get-support)



- **YoungMinds Crisis Messenger – Text “YM” to 85258**

A free crisis messenger service support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258.

YOUNGMINDS

- **Samaritans – call 116 123**

SAMARITANS

Talk to a trained volunteer anytime for free non-judgemental support by calling 166 123.

- **NHS Direct – call 111**
NHS Direct can help if you have an urgent medical problem and you're not sure what to do.
- **Accident & Emergency (A&E) at your local hospital.**
If you feel you cannot keep yourself safe, it is best to attend your local A&E so they can help to keep you safe.



Below are some websites that offer suggestions for family activities that you might want to try at home with younger children:

<https://www.toucanbox.com/activities/fun-things-to-do-at-home-with-your-kids>

...and for adolescents there are some good ideas in this list

<https://childdevelopmentinfo.com/child-activities/10-classic-rainy-day-activities-teens/#gs.yisc7n>

Here are some more ideas on how to keep occupied and active, and counteract boredom, with activities and educational games and free online videos

The Green Parent Big Lockdown Resource List – Ideas of things to do during social distancing / lockdown period thegreenparent.co.uk/articles/read/lockdown-life-savers

Konnie Huq – YouTube Channel posting fun-but-educational videos at 10am each Monday, Wednesday and Friday, aimed at 6-12 year olds

The Body Coach TV – YouTube Channel posting daily “P.E. with Joe” work out videos at 9am everyday.

Wendymac – on Instagram, running a live art class every day 5-5:30pm for children

Audible books – free audiobooks for children on Amazon

David Walliams – Free audio stories each day for 30 days www.worldofdavidwalliams.com/elevenses/

Literacy Trust - literacytrust.org.uk/family-zone/ As a response to school closures, literacy trust have developed a comprehensive web portal with resources and advice for parents to support with home schooling.

Oxford Owl – Activities and fun ideas to keep children learning during school closures home.oxfordowl.co.uk/school-closure-resources/

We have compiled a list below of resources for helping families talk about the Corona Virus, and some suggestions for how to cope with self isolation and social distancing.

Covid-19 Resources for Parents and Carers of Children and Young People

Covibook – to support and reassure children under the age of 7 years old, by helping them explain and draw the emotions they might be experiencing
<https://www.mindheart.co/descargables>

Place2Be – resources to support parents and carers in talking to children about Covid-19
<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children>

Young Minds – 10 tips for parents to support and talk to children about Covid-19
<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus>

British Psychological Society – how to talk to children about Covid-19
<https://www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus>

Unicef – talking to your child about Covid-19
<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

Zero to Three – tips for families about Covid-19, including how to talk to children, self-care, and ideas for activities for young children
<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Emerging Minds – supporting children and young people with worries about Covid-19
https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf

Dr Ranj's Coronavirus Advice for Kids – a YouTube video for any children worried about Covid-19, giving an explanation of what the virus is
<https://www.youtube.com/watch?v=oMHacLHchI0>

Headspace – meditation app and website, currently free
<https://www.headspace.com>

Young Minds – looking after your mental health whilst self-isolating
<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

Anna Freud Centre – self-care tips and activities for young people, YouTube video for advice re managing mental health and wellbeing whilst socially distancing

<https://www.annafreud.org/selfcare/>
<https://www.youtube.com/watch?v=ME5IZn4-BAk&feature=youtu.be>

Public Health England – ‘easy read’ guidance about Covid-19

<https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf>

MenCap – further ‘easy read’ guidance about Covid-19

<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>

Liverpool CAMHS Resources – Resources for supporting children during social distancing

https://wakelet.com/wake/564d7bc8-4bc9-462f-a9e1-2deb03150c3f?dm_i=43MR,SZ24,RB9H,3HKE1,1

MIND - Advice about Coronavirus and your wellbeing

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Child Mind Institute – advice on supporting kids, teens and young adults during the COVID-19 crisis, as well as parental self-care

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

The Green Parent – Big Lockdown Resource List – ideas on how to cope with lockdown with children and young people

<https://thegreenparent.co.uk/articles/read/lockdown-life-savers>

And here are some more general resources for helping with mental health difficulties

Helpline numbers

- **Childline:** Tel 0800 1111 or visit childline.org.uk to chat to someone online– 24hr
- **Samaritans:** 24hr helpline, Tel 116 123
- **Papyrus Hopeline UK:** Specialist helpline for young people, Tel 0800 068 41 41 or Text 07786209697

Useful websites

NHS UK: www.nhs.uk/oneyou/every-mind-matters

Royal College of Psychiatrists: www.rcpsych.ac.uk/expertadvice/youthinfo.aspx

Young Minds: www.youngminds.org.uk

Anxiety-UK: www.anxietyuk.org.uk/

MoodJuice: www.moodjuice.scot.nhs.uk

Stem 4 (teenage mental health charity): stem4.org.uk

Childline: www.childline.org.uk

Reading well (list of useful books): reading-well.org.uk/books/books-on-prescription/young-people-mental-health

Finally, here are some useful apps which you and your child might find useful, to deal with difficult feelings, you may need to try out a few, before you find one that suits you best.



Mindshift™ App

Designed to help teenagers who are struggling with anxiety or low mood, Mindshift includes tracking tools, positive thinking activities, relaxation tips, and inspiring quotes/ stories.



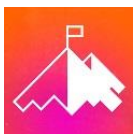
Chill Panda

The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.



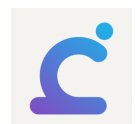
Pacifica App

This app is designed to help with anxiety and/or depression. It provides daily challenges and activities complete, and allows you to rate your mood and track your progress.



Moodmission App

This app provides you with personalised “missions” designed to reduce feelings of low mood or anxiety.



Calm Harm

Provides tasks to help you resist or manage the urge to self-harm. It's private and password prevented and was designed by a teenage mental health charity.



Self-Anxiety Management (SAM) App

SAM includes lots of information about anxiety, as well as calming activities and tips to help you feel relaxed.



Talk Life

A peer support network for young people who struggle with mental illness. Allows you to post anonymously and talk to other young people, to get and give help.



Breathr App

This free app is specifically for young people and offers a range of mindfulness exercises which are designed to be fun and easy to try.



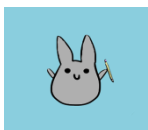
Stop, Breathe, & Think (and Stop Breathe & Think Kids)

This app asks you how you are feeling and offers personalised mindfulness and meditation activities to help with your mood. There are two versions – adult/ teen version, and a kids version



Daily Quote; Daily Motivational Quotes; Motivation Quotes

These free apps give you a positive quote each day at a time that you can choose. You can also add your own quotes and save your favourites.



Study Bunny

An app to help motivate and focus you with studies/ work - set up to do lists and get rewarded for working for periods of time you can set

Smiling Mind

This app was developed by psychologists and allows you to practice daily meditation and mindfulness exercises.



Hospichill

Originally developed to help with nerves about hospital appointments, this app has lots of relaxation exercises and activities to help deal with stress or anxiety.