



Support and advice for young people

CYP Haven for young people – although the centres are closed, there is a virtual phone service operating every weekday 4-8:30pm and weekends 12-6pm. The phone number is listed on the website

Also, there are also apps available on the website

- **Shine – Self Care and Meditation:** Learn a new self-care strategy every day and explore an audio library of over 500 meditations, stories and ambient music
- **ReachOut WorryTime:** A tool to help with containing worry to designated periods, reducing worry and improving self-reflection and problem-solving skills
- **Headspace – Meditation and Sleep:** A guide to everyday mindfulness in a few minutes a day. Choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, productivity, exercise and physical health.

Children and Family Health Surrey are offering a text service on 07507 329951 for young people aged 11-19 in Surrey to ask and talk about a range of issues.

The Mix- offer information and advice about any subject to children and young people between 13-25. It provides helpline and online support.

Kooth- is a free, anonymous, confidential, safe, online wellbeing service, offering counselling, information, and forums for children and young people.

Free NHS apps

The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.

Bluelce is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm. It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.



Staying safe online

It's natural that young people will be spending more time online at the moment, whether it be to keep in touch with friends or play games. It's important therefore that you and your child are aware of how best to keep safe online.

[Internet Matters.org](#) offer information advice and support to parents to keep children safe online, this includes general tips to manage children's screen time, which can be found [here](#).

[Netaware-](#) The NSPCC provides parents with advice regarding keeping children and young people safe online. It includes guides to the social networks, apps and games they might use.

[Thinkuknow-](#) has different websites for children and young people of different ages, which give advice about staying safe when you're on a phone, tablet or computer.

[The Breck Foundation](#) campaigns for a safer internet for all children and young people – whether they are gaming, communicating on social media, using apps or taking part in any other internet-based activity.

Support for family life and relationships

[Family Lives-](#) is a charity whose aim is to help support parents and carers to deal with all aspects of family life.

[Relate-](#) Highly trained counsellors available to support everyone's relationships during this difficult time. There is support available through live chat and telephone and webcam counselling. Following the government's latest advice on COVID-19, most face-to-face services are temporarily closed. They have also put together some advice and tips for keeping relationships healthy during self-isolation and social distancing.

Support for single parents

[Gingerbread-](#) Support available for single parents including advice around contact arrangements. Gingerbread groups will not be having meet ups for the foreseeable future however any Gingerbread coordinators are encouraging communication through WhatsApp and Facebook as an alternative way for single parents to stay in touch with each other.

[CAFCASS-](#) Cafcass has put together some guidance to support children and families during the COVID-19 emergency to encourage effective co-parenting and help maintain a child's routine.



Top 10 tips for surviving the COVID-19 emergency

1. Have a routine – Children thrive on routines and there'll be less chance of them getting upset or angry. Maybe write this up or draw pictures to help children to understand what will happen each day.
2. Keep moving – There are plenty of online resources to keep you all fit and healthy while indoors or take it in turns to lead an exercise class.
3. Get things done – tick off those jobs you've been meaning to do; the whole family can help too!
4. Give each other space (not just the 2-metre rule here!) but time to be alone for a little while.
5. Stay in touch – make some time each day for you **all** to interact with people outside of the home. It's really important for the children to be encouraged to maintain their friendships, albeit virtually.
6. Don't be too precious about the odd 'duvet day'. As long as this is not every day, a once a week PJ day with movies and snuggles will be wonderful for mental health and bonding.
7. Cook together – let the children see what they can come up with using whatever is in your cupboards/fridge/freezer and remember, it may not be a culinary delight but does that matter?
8. Play – we never stop learning through play; let your children teach you
9. Write it down – encourage your children to write down their feelings/worries. Once they have done this move to item 10.....

Talk – don't let things brew, open up and let people know how you are all feeling. Be honest with your children and if you don't know the answer (which is very likely as this whole situation is unclear and constantly changing) just say so.

Stay safe and have fun, Karen - you can always ring me 07817240652