

Emotional Wellbeing and Mental Resources for Families For Essex Local Offer

Supporting & Maintaining Emotional Wellbeing & Mental Health

5 ways of wellness: Top tips for staying emotionally healthy:



- **Stick to a active daily routine** (e.g. creating your own daily programme including three meals a day, activity time slots, self-care opportunities and bedtime routine)
- **Do light activity** - stretch and home workouts (e.g. yoga, dance, spring cleaning the house)
- **Keep up hobbies that keep you moving** (e.g. baking, reading, writing, making music, gardening etc)
- **Engage in creative activities** (e.g. art, scrap book making, junk modelling, restoring furniture, create music, redecorating)
- **Keep connected to others** (e.g. phones, email, skype, websites, helplines & online counselling)
- **Keep an active mind** (e.g. learning a new skill, research, brain training games, home learning using such free websites)
- **Try Meditation and relaxation** (e.g. Apps and free YouTube videos such as headspace)
- **Hot desk at home with planned short brain breaks**
- **Plan meals in advance**
- **Do things you enjoy doing** (e.g. watch a boxset, paint your nails, listen to podcasts, reading etc)
- **Keeping hydrated**
- **Self-care opportunities** (Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety)

Parent/Adult Resources

The following resources will help you to support the emotional wellbeing and mental health of yourself and your family:

Emotional Wellbeing through Coronavirus:

- Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19): <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>
- Mind, coronavirus and your wellbeing to support quarantine/self-isolation: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- Young minds; advice to young people and parent on mental health and impact of coronavirus: <https://youngminds.org.uk/about-us/media-centre/press-releases/youngminds-publishes-advice-for-young-people-and-parents-on-mental-health-impact-of-coronavirus/>

Supporting children and young people:

- Supporting children and young peoples' mental health advice: <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- NSPCC; Mental health and parenting: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>
- Young Minds: Supporting your child during the coronavirus pandemic: <https://youngminds.org.uk/find-help/for-parents/>
- Kids Inspire: <https://kidsinspire.org.uk/virtual-childrens-mental-health-therapy-for-those-most-in-need/> The service remains open and the team are continuing to support families right across the county. If you need to speak with one of the team, you can still do so on one of the phone numbers. A member of the team will be available Monday - Friday between 9am – 5pm.
 - They are using safe online platforms to provide much needed therapy
 - A very small number of the most vulnerable young people are currently receiving face to face therapy
 - They are offering online consultation/support service for all key workers
 - If it would help to speak to one of the qualified therapists please get in touch.
- Anna Freud: On My Mind – aims to empower young people to make informed choices about their mental health and wellbeing. These pages are co-produced by young people to help other young people. <https://www.annafreud.org/on-my-mind/>

Supporting yourself and your family:

- Getting Help in Essex: <https://www.essex-gethelp.uk/> Find support groups, local services and resources to help you cope during the coronavirus (COVID-19) pandemic

- For your mind health get 'your mind plan' quiz, get 'your physical health quiz', plus NHS endorsed Apps: https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=MentalHealthGeneric&gclid=CjwKCAjw3-bzBRBhEiwAgnnLCgr2g84Ag7XAbtbARWt6APSWPwt75UUcPUtsNkl6L37vTprESbG_wBoC8XwQAvD_BwE
- NHS: Getting support from a mental health charity
<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>
- NHS: Where to get Urgent Help for Mental Health
<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>
- Mental health explained by the organisation Mind: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/support-services/>
- The app by Action for Happiness is like having a little personal action coach in your pocket who; Gives you friendly 'nudges' with an action idea each day; sends you inspiring messages to give you a boost and; helps you connect & share ideas with like-minded people: <https://www.actionforhappiness.org/app>
- How to support someone experiencing mental health difficulties by the Mental Health Foundation: <https://www.mentalhealth.org.uk/publications/supporting-someone-mental-health-problem>
- 16+ self-help CBT online course by Moodgym (advocated from SAMHs document above): <https://moodgym.com.au/info/faq>
- Togetherall (18+) A safe community to support your mental health, 24/7: <https://www.bigwhitewall.com/>
- Parental mental health: How to help children living with parents with mental health problems by NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/child-protection-system/parental-mental-health/>
- Young Minds for parents: <https://youngminds.org.uk/find-help/for-parents/>
- Activities for families whilst in self-isolation by Home Start: <https://www.home-start.org.uk/news/activities-for-families-during-self-isolation>
- Parent helpline and online counselling by Relate: <https://www.relate.org.uk/relationship-help/talk-someone>
- NHS mental wellbeing audio guides: <https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>
- Mental Health Foundation Podcasts: <https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing>
- Obsessional Compulsive Disorder - OCD UK: <https://www.ocduk.org/>
- Rethink Advocacy: <https://www.rethinkessexadvocacy.org/>

Essex All Age Advocacy service provides statutory and non-statutory advocacy for the community in Essex. Phone line remains active between 9am and 5pm, please leave a message with your name and contact details and they will get back to you within the same working day. Advocates are still working and doing all they can to continue to support clients in the best possible way.

- Renew Counselling <https://www.renew-us.org/> / 01245 359353 or 01268 822 800
Telephone support is now available to anyone who needs it, including existing clients and those who have not worked with us before.
- N.O.Ws The Time for Change <https://www.nowsthetimeforchange.com/> NOW is the time for change uses coaching methods combined with alternative therapies to improve wellbeing.
- Essex Family Wellbeing Resource Hub: <https://essexfamilywellbeing.co.uk/covid-19-pandemic-resource-hub/> To support you and your family through the COVID-19 pandemic, Essex Child and Family Wellbeing Service has created a brand new resource hub.
- Practical help and tips from us which may help you if you are newly bereaved under any circumstance, including a UK map to find your nearest support organisation:
<https://www.thegoodgrieftrust.org/>

Child/Young People Resources

The following resources will help children and young people to manage their own emotional wellbeing and mental health:

Apps:

NHS approved mental health apps list:

<https://www.nhs.uk/apps-library/filter/?categories=Mental%20health>

Guidance & Activities for Children:

- Cosmic Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>
- Book: Back to School, a story about returning to school. Free to download:
<https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Back-to-school-after-Coronavirus-1.pdf>

Guidance for Young People:

- We all have mental health by Anna Feud: <https://www.youtube.com/watch?v=DxIDKZHW3-E>
- Social media and mental health by Young Minds: <https://youngminds.org.uk/find-help/looking-after-yourself/social-media-and-mental-health/>
- Wysa a private reflective space: <https://www.wysa.io/>
- Mindfulness explained and activities by Headspace for Kids:
<https://www.youtube.com/channel/UC3JhfsgFPLSLNEROQCdj-GQ>

- Essex Youth Service E-learning courses: <https://youth.essex.gov.uk/young-people/free-resources-for-you/> Free online courses for young people (secondary phase+).
- Rise Above: <https://riseabove.org.uk/> Mental Health website for young people (secondary phase+).
- Young minds; what to do if you are anxious about coronavirus: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Helplines

The following links provide details of helplines, webchats and text support services:

Parent Support Lines

- Samaritans helpline 116 123: https://www.samaritans.org/chatappeal3/?gclid=CjwKCAjw3-bzBRBhEiwAgnnLCgy8E_S_3AFSQ4rm0TOPR1nPGC-5sd-rCSlqvqCWHquaN_u-8QEdMRoCBqcQAvD_BwE
- Text support if you are experiencing a crisis by Give Us a Shout: <https://www.giveusashout.org/about-shout/>
- Family support helpline by Families in Action: <https://www.family-action.org.uk/what-we-do/children-families/family-support-services/>
- Helpline by Supportline (any age): <https://www.supportline.org.uk/about/aims-of-service/>
- Parent helpline by Young Minds: <https://youngminds.org.uk/find-help/for-parents/>
- Parent confidential helpline by Family Lives: <https://www.familylives.org.uk/>

Children & Young People Support Lines:

- NSPCC helpline 0808 800 5000: <https://www.nspcc.org.uk/what-you-can-do/make-a-donation/kids-in-real-life/> (The service includes emotional support)
- Online or on the phone anytime by Childline 0800 1111: <https://www.childline.org.uk/> (The service includes emotional support)
- Free, safe, and anonymous online support for young people by Kooth.com (age 11 – 24): <https://www.kooth.com/>
- Advice and helpline by Anxiety UK: <https://www.anxietyuk.org.uk/>
- Advice & helpline by Beat Eating Disorders: <https://www.beateatingdisorders.org.uk/support-services/helplines>
- Chat Health: <https://essexfamilywellbeing.co.uk/chat-health/> Chat to a School Nurse between the hours of 9-5pm Monday to Friday, providing timely and convenient access to confidential health advice for every young person in Essex.
- Helpline for under 25s by The Mix: https://www.themix.org.uk/?gclid=Cj0KCQjwpfHzBRCiARIsAHHzyZo3TCEkwAkum3duWevgywH_dkez2OvQWI2kBXrPb5GkTZS6AjdBERkaAngiEALw_wcB