

Supporting Your Family's Wellbeing During COVID-19

SEND & Inclusion Service



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Supporting Your Family's Wellbeing During COVID-19

It is normal to feel worried, stressed and anxious when we are faced with uncertain situations, but the sooner we acknowledge and learn to take care of our mental health, the healthier and better equipped we'll be to cope with the situation we're having to face.

We have shared ideas as well as useful links to help you and your family's wellbeing. The guide is colour coded as follows:



★ Green

I want to know how to protect my mental health and wellbeing.

★ Amber

I am finding things difficult and need some more mental health support.

★ Red

Help! I am, or a member of my family is, experiencing a mental health crisis.

★ Green – Protecting Your Mental Health and Wellbeing

Taking care of our mental health and checking in on others is something that we can all do, and we need to remember that by looking after our own mental health, we'll be best placed to look after our children. Try to plan your days or weeks to include something from each of the '5 ways to wellbeing' (developed by New Economics Foundation)

1. **BE ACTIVE** - Try to make sure that you and your family get regular exercise every day.
2. **TAKE NOTICE** - Take a break from the news and social media to notice and appreciate the small, good things, around you.
3. **CONNECT** - Arrange to Facetime/Skype a friend for coffee, phone relatives more often than usual. Whilst it can be helpful to share worries, try to find other things to talk about too.
4. **GIVE** - Lots of community groups are setting up schemes that aim to help vulnerable people at this difficult time. We can still offer mutual support to friends and family by checking in with them regularly.
5. **KEEP LEARNING** - Learning a new skill or honing an existing one gives us a sense of purpose and achievement. Try starting a new hobby, studying online, or learning a new language.

Supporting Your Children

For the most part, children will need what they've always needed; love, attention and opportunities to learn and play. If children are home for long periods because of social-distancing or self-isolation, the following tips might be helpful:

- Try and keep to a structure and routine that suits you.
- Keep boundaries firm but fair.
- Make sure they get some time to burn off energy every day.
- Expect children to do some learning every day.
- Find opportunities for them to interact with their friends remotely (and SAFELY).
- Balance screen time with other activities.
- Give children opportunities to have a say in what will be happening. Family meetings where children and adults problem-solve together can be helpful for this.
(<https://bristolchildparentsupport.co.uk/ready-family-meetings/>)

★ Green - Useful Resources

Resource	Additional Information	How to access
Looking After Yourself, Looking After Your Children	Advice for supporting yourself and your family during school closures.	http://www.countydurhamfamilies.info/kb5/durham/fsd/article.page?id=KV20N6ygnVo
Working from home: Your wellbeing action plan	Advice for supporting your mental health and emotional wellbeing when working from home. Includes a positive daily plan.	https://www.cwmt.org.uk/working-from-home
Anna Freud Centre for Children and Young People	Resources for parents/ carers/ practitioners in relation to self –care and supporting your emotional wellbeing.	https://www.annafreud.org/selfcare/
Mental Health Foundation	A range of content designed to give more information about mental health and to help you to look after your mental health. Includes podcasts, videos, inspiring stories and information about getting help.	https://www.mentalhealth.org.uk/your-mental-health
Headspace	Online resources that support with a range of issues including stress, sleep and anxiety.	www.headspace.com

★ Useful Links for Supporting your Children

Resource	Additional Information	How to access
Unicef	Guide to Talking to Children about Coronavirus	https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus
MentalHealth.org	Guide to Talking to Children about Coronavirus	https://www.mentalhealth.org.uk/publications/talking-to-your-children-scary-world-news
Mindheart	A Short Book about Coronavirus for children under 7	https://www.mindheart.co/descargables
CBBC Newsround	A video explaining Coronavirus for children	https://www.bbc.co.uk/newsround/51342366?fbclid=IwAR3CyZq5rzXVoyGCgWjipx6YqoetuZ1tP16y7wMjUR6uwgWyhRmf0aFTTrAs
Charlie Waller Trust	Lots of useful online resources for parents, children, young people and professionals interested in emotional wellbeing.	https://www.cwmt.org.uk/schools-families-resources

★ Amber – finding things difficult

The following provides details of a range of people who may provide focused help to support with specific mental health needs.

Resource	Additional Information	How to access
Calm	Free mindfulness and relaxation resources linked to dealing with the Covid-19 pandemic.	https://www.calm.com/blog/take-a-deep-breath
ACTO	Contact details for registered online therapists and counsellors.	https://acto-org.uk/therapists/
Anna Freud Centre for Children and Young People	Resources for parents/carers/ practitioners in relation to self –care/emotional wellbeing.	https://www.annafreud.org/selfcare/
Mind	Mind provide information and support to those living with, or supporting someone with, a mental health problem.	https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/ Email: info@mind.org.uk Text info line: 86463
Cruse	Dealing with bereavement during the Coronavirus Pandemic	https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief
Talking Changes – free and confidential talking therapies and counselling.	Support for over-16s living in County Durham or Darlington experiencing a common mental health problem.	www.talkingchanges.org.uk 0191 333 3300

Resource	Additional Information	How to access
GP's	GP's are there to help and support with all aspects of emotional wellbeing/mental health support.	Please call your local GP directly. https://www.nhs.uk/using-the-nhs/nhs-services/gps/
Community Floating Support	<p>Offer services for adults with mental health issues, who do not have the support of a social worker or care coordinator.</p> <p>Help to improve mental wellbeing by supporting with:</p> <ul style="list-style-type: none"> money matters general life skills (such as building your confidence, time management and helping you find work) housing issues household skills keeping healthy social skills <p>Also provide short term supported accommodation in the county in partnership with Auckland Home Solutions.</p>	<p>Can be referred to by health services, GP, housing departments, or voluntary agencies.</p> <p>Can also self- refer: Tel: 03000 269 071 E-mail: cfs@durham.gov.uk</p> <p>Please note, there is a current waiting time of around 12 weeks for assessment</p>
One Point family centres and hubs	The One Point teams are able to offer advice, guidance and signposting over the phone. If you already have a key worker, you can contact them	03000 261 111

★ Useful Links for Supporting Your Children

Resource	Additional Information	How to access
Young Minds	Mental health support for young people in relation to managing anxiety around Coronavirus	https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/
ELSA Support	Resources and support for younger children	https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/
KOOTH	Free online support and counselling service available to young people in Durham	https://www.kooth.com/
Child and Adolescent Mental Health Service (CAMHS) Single Point of Access (SPA)	A range of therapeutic services for children, young people and their families who experience moderate to severe emotional/ mental health problems.	Email tewv.camhscountydurhamdarlington@nhs.net Tel: 0300 123 9296
Rollercoaster Support Group	A support group for parents/ carers who are supporting a child or young person with any kind of mental health issue.	www.twitter.com/RollercoasterPS www.facebook.com/rollercoasterparentsupport Email: parentsupport@success.coop Tel: 07415 380 040

★ Red – Are you, or your child, experiencing a mental health crisis?

(TAKEN FROM TEWV.NHS.UK CAMHS CRISIS AND LIAISON SERVICE)

The following links are to organisations that can help you/ your child when the person is:

- Suicidal or has self- harmed
- Experiencing extreme emotional distress that won't stop
- Experiencing severe anxiety/ emotional distress and would like to speak to someone
- Or if anyone needs urgent advice about someone's mental health:

Resource	Additional Information	How to access
GPs	GPs are there to help and support with all aspects of emotional wellbeing/mental health support.	Please call your local GP directly. https://www.nhs.uk/using-the-nhs/nhs-services/gps/
Access to Secondary Mental Health Services for 18+	TEWV and DCC provide integrated community mental health services on behalf of both organisations. This access service will act as triage and signpost to the relevant services.	Access to the service is via a GP referral.
Samaritans	Someone to talk to in confidence	Call them on 116 123
Campaign Against Living Miserably (CALM)	Leading a movement against suicide. Offers online and phone-based support.	https://www.thecalmzone.net/ Call 0800 585858 Open 5pm- midnight 365 days a year

Resource	Additional Information	How to access
Shout	Free 24/7 text service, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.	https://www.giveusashout.org/ Text 85258
First Contact	Social care support and advice if you are concerned about the safety of a child	03000 267 979

★ Useful Links for Supporting Your Children

Resource	Additional Information	How to access
CAMHS Crisis Team	The Durham and Darlington CAMHS crisis and liaison team provide mental health support to young people (up to the age of 18) who are experiencing a crisis with their mental health.	Tel: 0191 441 5733
Samaritans	Has a free to call service 24 hours a day, 365 days a year, if you want to talk to someone in confidence.	Call them on 116 123 www.samaritans.org/about-us
Childline	A free, private and confidential service. Please note, due to the coronavirus: you'll only be able to speak to a counsellor online or on the phone between 9am and midnight. To make sure Childline can answer everyone who's waiting, you won't be able to join the queue for a 1-2-1 chat after 10:30pm. After 10:30pm, you'll still be able to call for free on 0800 1111 up until midnight.	Tel: 0800 1111 https://www.childline.org.uk/