

EMOTIONAL WELLBEING YOUNG PEOPLE

Reintegrating back to school life can be a challenge at any time but that demand is even higher during the current climate of uncertainty and change. Below we have gathered resources that should support you to support young people. The resources can support your conversations with young people.

NEED TO TALK TO SOMEONE?



offer online support and counselling for ages: 10 – 16.
[Online-based conversations](#) with counsellors available from 12 noon to 10.00pm.

[BIG WHITE WALL](#) offer online support for 16 – 25 year olds. 24H, 365 days a year.

[NHS CHATHEALTH](#) is a confidential texting service for young people aged 11 – 19. Young people can text the school health team about any concerns or health issues on: 07520 618850.

[YOUTH SERVICES ONLINE](#)
See what's happening across Kent for young people or talk to a youth worker about anything you're struggling with.



A place where young people can learn how to look after their emotional and mental health.

lask provide [free, impartial and confidential information](#), advice and support about special educational needs and disabilities (SEND) for children, young people up to age 25, parents and carers.

Kent and Medway services are [#Hereforyou](#). If concerned about **mental health** and are not sure what is needed, call the Single Point of Access (SPA) for Kent on 0300 123 4496



[Mind](#) understand mental health and wellbeing. We're here if you need us for support or advice. We help everyone understand mental health problems, so no one has to feel alone.

[Read our information about supporting a friend](#)
[Read our information on looking after your well-being](#)
[Read our information on understanding your feelings](#)
[Read our information about visiting your GP](#)
[Read our guide on moving to adult services](#)

It can be easy to rush through life without stopping to notice much. By paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

EVERY MIND MATTERS - [progressive muscle relaxation](#)
HEADSPACE – Sunday Scaries – [Take a Mindful Walk](#)
HEADSPACE – Sunday Scaries – [A Mini-Meditation on Self-Care](#)
HEADSPACE – Sunday Scaries – [A Mini-Meditation for our Wellbeing this week](#)
HEADSPACE – [STRESSED?](#) – Learn to reframe stressful situations with this short meditation.

YOUNGMINDS

offer advice and guidance if you are struggling with isolation and Corona Virus



You can [contact Childline](#) about anything. Whatever your worry, it's better out than in. We're here to support you.



RELEASE THE PRESSURE

have a highly trained and experienced team available 24/7 to provide support no matter what you're going through.

KENT TOGETHER

hosts a 24 HOUR HELPLINE and is available on:
03000 419292.

This supports vulnerable people in Kent who need urgent help, supplies or medication. KCC, NHS, Emergency Services and Partners provide a single point of contact for anyone in need of help during Covid19.

Deaf British Sign Language users can text our Sensory Services team on 07920 157 315 for help making a request.

we are
withyou

[WE ARE WITH YOU](#) offers a resource pack to help support young people with low level substance misuse or mental health issues. Contact via: 01795 500881, yadmin@wearewithyou.org.uk or their webchat at www.wearewithyou.org.uk.



For confidential suicide prevention advice contact [HOPELINEUK](#) or 0800 068 4141.

selfharm UK

[free online](#) self harm support for 14 – 19 year olds.

[MINDED](#) is a free educational resource on children and young people's mental health for all adults.

[MINDS ACTION CHILDREN](#) – a resource that helps children manage life's ups and downs.

[ANNA FREUD CENTRE](#) – podcasts to help family mental health.

[COVIBOOK](#) – An interactive resource designed to support and reassure children under 7 to explain and draw their emotions.

[NHS – EVERY MIND MATTERS](#) - Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.

[INTERNET MATTERS](#) – access to resources and apps to assist learning and well being.

People may be exposed to fake news and propaganda about the causes of Covid19. Many of these may look to blame a specific minority group and incite hate crime. [Let's talk about it](#)



educate.against.hate

and [Educate Against Hate](#) offer free resources and advice to assist in building resilience against messages of hate crime.



[MEETWO](#) offers a safe social media solution to improve wellbeing. Via an app, it provides peer support, expert help, inbuilt educational and creative resources as well as in app links to UK charities and helplines.



Provides a Counselling service for 10 – 16 year olds which operates [via text](#).

PARENTAL CONFLICT

SEE IT DIFFERENTLY

'EVERYONE ARGUES
BUT NOT EVERYONE
ARGUES WELL'

WWW.SEEITDIFFERENTLY.ORG/ is run by
childline:

If you're under the age
of 19 and you'd like to
talk to someone,
consider giving
CHILDLINE a call on:
0800 1111
or get in touch online at
childline.org.uk. It's
completely confidential
and you don't even
need to give your name
if you don't want to.

These videos give an
insight into their work:

[Maddie's story](#)
[Mahmoud's story](#)
[Jag's story](#)
[Chloe's story](#)



[The Mix](#) is here to help
you take on any
challenge you're facing -
from mental health to
money, from
homelessness to finding
a job, from break-ups to
drugs. Talk to us via
[online](#), social media or
our free, confidential
helpline: **0808 808 4994**

SUPPORT WITH RELATIONSHIPS

[BARNARDO'S](#) provide the [BeFree](#) service which provides 1-1 or
group support (delivered virtually during social-distancing
restrictions) for 10 - 16 year old young women and those who
present as trans or gender variant. The service is for those who
have been exposed to adversities including sexual exploitation,
coercive and abusive relationships and familial domestic abuse.
Referrals can be made at:

www.barnardos.org.uk/what-we-do/services/befree-positive-relationships

Telephone: 01892 511468

Email: befree@barnardos.org.uk



[RISING SUN](#) - adolescent boys
aged between 14 and 16 years
who may have been affected
by domestic abuse, either in
the family or in their own
relationships, are socially
isolated and presenting with
behaviours linked to trauma
Referrals can be made [here](#).
Telephone: 0800 567 7699.

Email:

referrals@risingsunkent.com

YOUNG CARERS

A young carer becomes
vulnerable when the level of care
given becomes excessive or
inappropriate for that child,
risking impacts on his or her
emotional or physical well-being,
educational achievement or life
chances. This will have been
exacerbated by the lockdown.

Supporting young carers in
schools:

[TOOLKIT for young carers](#)
[Contact Imago](#)



[BEYOUPROJECT](#): connects
young people in Kent who are
lesbian, gay, bisexual, trans,
non-binary or are questioning
their sexual orientation and /
or gender identity. A safe,
welcoming and non-
judgemental space where
young LGBT+ people can
meet to have fun, socialise
and help each other.
Teachers or professionals can
refer young people to this
project [here](#).

Telephone: 0800 567 7699

Email:

beyou@porchlight.org.uk

OTHER RESOURCES SUPPORTING EMOTIONAL WELLBEING

[Staff Wellbeing](#)

[Emotional Wellbeing Vulnerable
Pupils](#)

[CYP Kent Emotional Wellbeing
flow chart](#)

[Emotional Wellbeing Schools,
including universal and transitions](#)

[Emotional Wellbeing Support for
Primary School Aged Children
Practical Resources for parents
and carers](#)

[Practical and Emotional Wellbeing
Support Following Bereavement
Emotional Wellbeing – Highly
Anxious Students](#)

All resources are also hosted on
[Kent Resilience hub Covid 19](#) pages
and young people can access
content at [Moodspark](#)