

Free Resources for Mental Health and Wellbeing

During these unprecedented times, it is more important than ever to focus on your own wellbeing, as well as look out for each other. These resources may be useful to someone you know or indeed yourself. As the time in lockdown increases, it can become more difficult to stay upbeat and positive, please remember we are all in this together and asking for help if you are finding it a struggle can make all the difference.

If you're concerned about the safety of a child or young person call 0300 470 9100 (01483 517898 out of office hours) to speak to the specialist team at Surrey Children's Single Point of Access.

Mental health

Social distancing and isolation will be hard for many people. For tips on mental wellbeing and to access specialist support locally visit healthysurrey.org.uk/mental-wellbeing

You can also get help from Mind. Visit mind.org.uk or call 0300 123 3393 or text 86463.

If you, or someone you know is in crisis visit samaritans.org or call them on 116 123.

Young people who are feeling particularly anxious or depressed can visit kooth.com

Pooky Knightsmith has compiled some tips about how to manage anxiety during the Coronavirus pandemic [you can watch her YouTube video here.](#)

This guide is also really child friendly and talks through a lot of concerns our children may have childrenscommissioner.gov.uk/report/childrens-guide-to-coronavirus/

Here are some helpful resources available to support families during this difficult time, including advice on how to keep children safe online and how to help children understand and cope with the difficult circumstances. You can also keep an eye on our dedicated coronavirus webpage for more updates and useful information:

surreycc.gov.uk/coronavirus

[Government guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus \(COVID-19\) outbreak](#)

[Talking to your child about coronavirus](#)

[How to look after your family's mental health when you're stuck indoors](#)

Anna Freud National Centre for Children and Families annafreud.org/coronavirus-support

Every Mind Matters has now released expert advice and top tips on how to look after your mental wellbeing if you need to stay at home during the coronavirus (COVID-19) outbreak. It also includes guidance if you're feeling worried or anxious about the outbreak. nhs.uk/oneyou/every-mind-matters/

ELSA Support: Resources include 'Health and wellbeing during the Coronavirus outbreak', 'Someone I know has Coronavirus story', 'Home and School Coronavirus resource pack', 'Social Contact Story', 'Coronavirus Story for children' and 'Coronavirus 14 day self isolation activities' - Includes a dedicated section for Coronavirus support, providing free resources for parents to help children cope with the current viral outbreak elsa-support.co.uk/category/free-resources/coronavirus-support/