



Helping students cope with the disruption caused by COVID-19

23 March 2020

1. Overview and some useful links
2. A helpful video
3. Helplines and Resources
4. How to let school know if you're struggling

Next page >

Looking after your mental health whilst staying at home

Social distancing and self-isolation can be really hard to deal with.

It's normal to feel anxious, frustrated or bored, and if you're worried about the effect it will have on your mental health, you are not alone.

Click on the links below for tips for looking after your wellbeing during quarantine.

★ [Staying Connected](#)

★ [Staying Calm](#)

★ [Dealing with stressful situations at home](#)

Next page >

Coping with COVID-19 - advice from a mental health expert



[Next page >](#)

Helplines & Resources

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Whatever your worry, whenever you need help, we're here for you online, on the phone, anytime.

Free Confidential Helpline - 0800 1111

<https://www.childline.org.uk/>



Kooth is a safe, confidential and anonymous mental health and emotional well-being platform for children and young people, accessible through any connected device. <https://www.kooth.com/>



The Mix 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 or our free, confidential helpline.

<https://www.themix.org.uk/>

Helpline - 0808 808 4994 or **Text** -Free, 24/7 crisis support across the UK by texting **THEMIX** to **85258**



Anna Freud
National Centre for
Children and Families

Anna Freud: On My Mind

On my mind aims to empower young people to make informed choices about their mental health and wellbeing.

<https://www.annafreud.org/on-my-mind/>

YOUNGmINDS
fighting for young people's mental health

Young minds is the UK's leading charity fighting for children and young people's mental health.

Text - If you need urgent help text **YM** to **85258**. It is free and confidential to text our service from the most major networks:

<https://youngminds.org.uk/>

Next page >

If you have tried the helpline and resources listed and are still struggling **let us know**

By completing an S.O.S form, you can let us at school know that you are struggling and need some extra support. S.O.S forms can be found in your student portal.

