



RAINFORD HIGH

Support During COVID-19

EVERYONE MATTERS
EVERYONE HELPS
EVERYONE SUCCEEDS

Where to access support during COVID-19

There is lots of information and support available for our children and young people's emotional health and wellbeing during the COVID-19 outbreak.

Healthy Young Minds

Although the parents/carers/families webpages are still going through the engagement and content drafting process, they have added some resources about COVID-19, aimed at them too:

<https://www.healthyyoungmindslsc.co.uk/information/family-and-carers>



Young Minds (@YoungMindsUK on Twitter) have posted a number of blogs etc including 'what to do if you're anxious about coronavirus' and 'looking after your mental health whilst self-isolating'.

St Helens OK to Ask– COVID-19 Advice

Support for those who are struggling with their mental health during this difficult time <http://www.oktoaskcampaign.co.uk/covid-19/>



A list of fantastic resources, which includes boredom busting activities those who are self isolating or feel isolated. Chatter Box includes things such as museum and aquarium virtual tours, online concerts, online learning and more. <http://www.oktoaskcampaign.co.uk/covid-19-digital-resources/>

Supporting Young People's Mental Health During Periods of Disruption

There is much that each one of us can do to support the wellbeing of those in our lives.

We don't know whether the coronavirus situation will impact on children and young people's mental health, but we think that it may.



We want to do all we can to prevent this from happening, or to minimise it. That's why we are giving this clear, simple advice to all those who are supporting children and young people – including

There is much that each one of us can do to support the wellbeing of those in our lives, including children and young people who may already be vulnerable or suffering from mental health difficulties. Schools can encourage young people and parents/carers to access information, advice and guidance using the following link.

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

PAPYRUS

PAPYRUS is the UK Charity for the prevention of young suicide.



For the **PAPYRUS HOPELINEUK** call **0800 068 4141** (open 10am-10pm weekdays, 2pm-10pm weekends and bank holidays) <https://papyrus-uk.org/>

Kooth.com– Online Support For Young People

Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.



Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from **12noon to 10pm on weekdays** and **6pm to 10 pm at weekends**, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day.

When students register with **Kooth** they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards.

All content is age appropriate, clinically approved and fully moderated.

To find out more visit [Kooth.com](https://kooth.com) where young people can register and others can find out more about the service.

You can also view a short video about the service at: <https://vimeo.com/318731977/a9f32c87de>.

Catch App



The **CATCH** (Common Approach to Children's Health) App is a **FREE** app providing local NHS-approved support and information to parents and carers of children aged 0-5. With the app you can:

Create profiles for your children to view health articles most relevant to your child's age

Have timely reminders to alert you to key health dates, such as childhood immunisations

Browse and search local support, health articles and videos regularly reviewed by NHS clinicians

Find healthcare services in your area, such as pharmacies or dentists.

St Helens Wellbeing Service



Introducing the St Helens Wellbeing Service, which combines the Healthy Living Team, Smokefree St Helens and Specialist Weight Management services. The new service makes it easier for people to access all healthy living and wellbeing services through a 'one stop shop'. The service offers a number of programmes/interventions including healthy eating, social wellbeing, mental health, oral health, getting active, stopping smoking, volunteering, weight management, health checks and infant feeding.

The service would like to find out from schools what programmes/interventions you have received previously from them (when known as Healthy Living) and if you would be interested in the service delivering any particular programmes/interventions in the future. Please complete the proforma which will be sent alongside this newsletter and email to chcp.sthelens@nhs.net For more information about the service call 01744 371111

Childline: 08001111



Wellbeing Mental Health Helpline: 08009154640

Samaritans: 116123



Domestic Abuse Helpline: 0808 2000 247

**Young Minds: Text YM to 85258
(24 hour support)**





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***If there is anything that you wish to
discuss with school directly, please contact
us on:***

01744885914

Stay Safe!

From the Rainford High Team