

Look after yourself in these uncertain times

Useful App





What is ThinkNinja?

ThinkNinja is an app specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well.

Useful Contacts



childline
ONLINE, ON THE PHONE, ANYTIME
GET SUPPORT
You can contact Childline about anything. Whatever your worry, it's better out than in. We're here to support you.
There are lots of different ways to speak to a Childline counsellor or get support from other young people.

Call 0800 1111 [About us](#) 



Your Locker 

Important update:
Because of the coronavirus, we've had to make some changes to how Childline works. For now, you can only speak to a Childline counsellor online or on the phone from **9am – midnight**.



CALL, CHAT ONLINE OR EMAIL US



Call free on 0800 1111
The quickest way to get through. You can call on any phone for free and it won't show on your bill.



Log in for a 1-2-1 counsellor chat
Chat with a counsellor in a safe space online about whatever is worrying you.



Send an email
Send an email from your Childline locker. We'll try to reply within 24 hours, but it might take longer.

Enjoyable activities

The world is in crisis. Keep Calm, Stay Wise & Be Kind.

This **Joyful June** Calendar has daily actions for **June 2020** to help us look for what's good even in difficult times. Download as an [image for sharing](#) or a [PDF for printing](#). Please pass on to others

* **Add your details below to receive future calendars** *



Click on the button to access the “Joyful June”





A screenshot of the 'Young Scot's Activity Pack' webpage. The header includes the 'YOUNG SCOT' logo and navigation links: 'The Young Scot Card', 'Get Informed', 'Discounts and Rewards', 'Get Involved', and 'Near Me'. The main heading is 'Young Scot's Activity Pack'. Below it, a paragraph states: 'Young Scot has put together lots of fun ideas, things to do and projects for if you're bored whilst in isolation or lockdown during the coronavirus (COVID-19) outbreak.' There are four activity cards: 1. 'Young Scot's Coronavirus (COVID-19) Information' (External link, icon of a virus); 2. 'Games' (Campaign, icon of a game controller and puzzle piece); 3. 'Quizzes' (Campaign, icon of a magnifying glass over question marks); 4. 'Learning Resources' (Campaign, icon of an open book and a cursor). Each card has a brief description: 'Fun ideas, things to do and projects'.

Click on the button to access the “Young Scot’s Activity Pack”



Useful websites






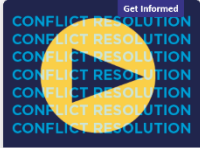






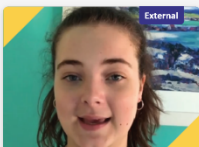
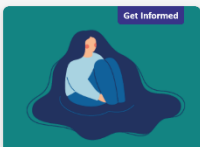


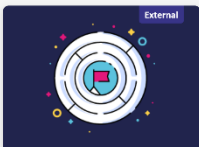






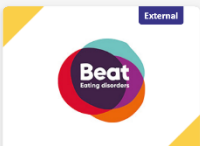



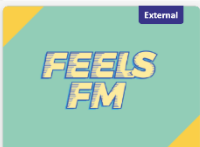

The Young Scot Card
Get Informed
Discounts and Rewards
Get Involved
Near Me
🔍



Aye Feel

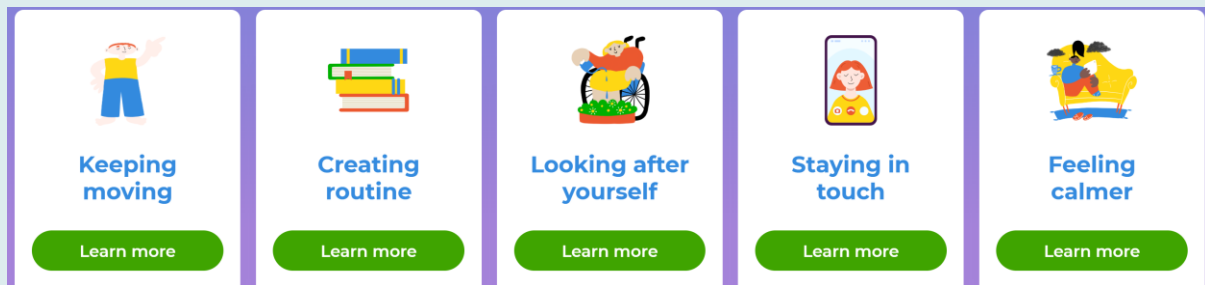
Find information about how to look after your emotional wellbeing, support from organisations around Scotland and tips on how to promote a positive mindset.

Check out the #AyeFeel tag on social media for the latest updates.

 <p>Who to Contact for Mental Health Support</p> <p>If you or somebody else is needing a bit of emotional support, these...</p>	 <p>Looking After Your Mental Wellbeing During the Coronavirus (COVID-19) Outbreak</p>	 <p>Coronavirus & Mental Health: Your Questions Answered</p> <p>Mental health and wellbeing</p>	 <p>Tips for Staying Positive in a Crisis</p> <p>Things that are happening in the world around us can make us feel...</p>
 <p>Coping With Conflict During the Coronavirus (COVID-19) Lockdown</p>	 <p>WATCH: SCCR Answer Your Questions About Conflict Resolution</p>	 <p>Grief, Bereavement and the Coronavirus (COVID-19) Outbreak</p>	 <p>Mental Health Support for Young Carers During the Coronavirus</p>
 <p>How to Talk About Your Feelings</p>	 <p>How Stress Affects You</p> <p>Information on the meaning of</p>	 <p>Relaxation Exercises</p> <p>If you feel stressed, or are prone to</p>	 <p>Productive Ways to Spend Time Online</p>
 <p>Video: How Are You Looking After Your Mental Wellbeing?</p>	 <p>10 Things People With Depression Want You to Know</p>	 <p>Healthy Eats</p> <p>When you eat well, you feel well. Check out this guide on how to</p>	 <p>Things to Do at Home During the Coronavirus Outbreak</p>
 <p>Clear Your Head Challenge</p> <p>Take part in daily challenges across</p>	 <p>Young Scot's Activity Pack</p> <p>We've put together lots of fun</p>	 <p>Penumbra</p> <p>Penumbra work to promote mental health and wellbeing in Scotland.</p>	 <p>See Me</p> <p>End mental health discrimination</p>
 <p>Samh: How to Help a Friend</p>	 <p>Mind</p> <p>Mental health and wellbeing advice</p>	 <p>Anxiety UK: Coronaphobia</p>	 <p>Beat: Eating Disorders and Coronavirus</p>
 <p>Aye Mind</p> <p>Young people aged 13 to 21 helped create these mental health and wellbeing resources</p>	 <p>NHS Inform</p> <p>NHS Inform provide reliable information and advice about the coronavirus pandemic</p>	 <p>Health in Mind: Loneliness and coronavirus</p>	 <p>Feels FM</p> <p>Feels FM is the world's first emoji powered jukebox for mental health.</p>

Click the button to access the "Aye Feel" website and all its fantastic resources





Click on the button to access the “Clear your head – Scotland”



A Guide To Self-Care and Wellbeing During Times of Uncertainty.

In times of uncertainty, it is normal and natural for children and adults to respond in unique ways. It can be helpful to focus on the aspects of our lives that we can control like caring for our physical health, safety and emotional wellbeing.




Click on the button to access the “A Guide To Self-care”



Should you need urgent health advice please contact your GP or call NHS 111. In an emergency please visit A&E or call 999

HEALTH FOR TEENS

[FEELINGS](#)
[GROWING UP](#)
[HEALTH](#)
[LIFESTYLE](#)
[RELATIONSHIPS](#)
[SEXUAL HEALTH](#)
[YOUR AREA](#)

Click on the button to access the “Health for Teens”



Coronavirus (COVID-19)

Sleep tips for teenagers

Sleep and tiredness


Click on the button to access the “Sleep tips for teenagers”



Choose health <p>Know what affects your child, what makes them grumpy, hyper, disconnected...</p> <p>Do they need snacks throughout the day? Do they need lots of sleep? Do they need to get out and about and do exercise? Do they need time alone?</p> <p>Trust that you know your child and give them the basics that they need to cope with difficult days</p>	Be calm <p>Try to stay calm whilst your child is feeling distressed. Your child may show:</p> <ul style="list-style-type: none"> highs and lows melodrama anger blame self-centredness 	Get learning <p>Be involved, find out more and talk about:</p> <ul style="list-style-type: none"> social media internet benefits and dangers new music language and slang current affairs what it's like to be young in the current world
Work together	Communicate <p>The small things you do make all the difference:</p>	Move on up <p>Encourage independence:</p> <ul style="list-style-type: none"> help them to move positively from child identity towards

Click on the button to access the “Top 10 tips from mentally healthy schools”





EGfL
Ealing Grid for Learning

- LP services
- Services for schools (S4S)
- Categories and plans
- Healthy schools London awards
- T resources and support
- T training resources
- T toolkit

Wellbeing and mental health support during the coronavirus outbreak

- Anxiety
- Eating disorders
- Home learning resources
- Meditation
- Mental health
- OCD

Click on the button to access the “Wellbeing and mental health support during the coronavirus outbreak”

