

# MENTAL HEALTH AND WELLBEING

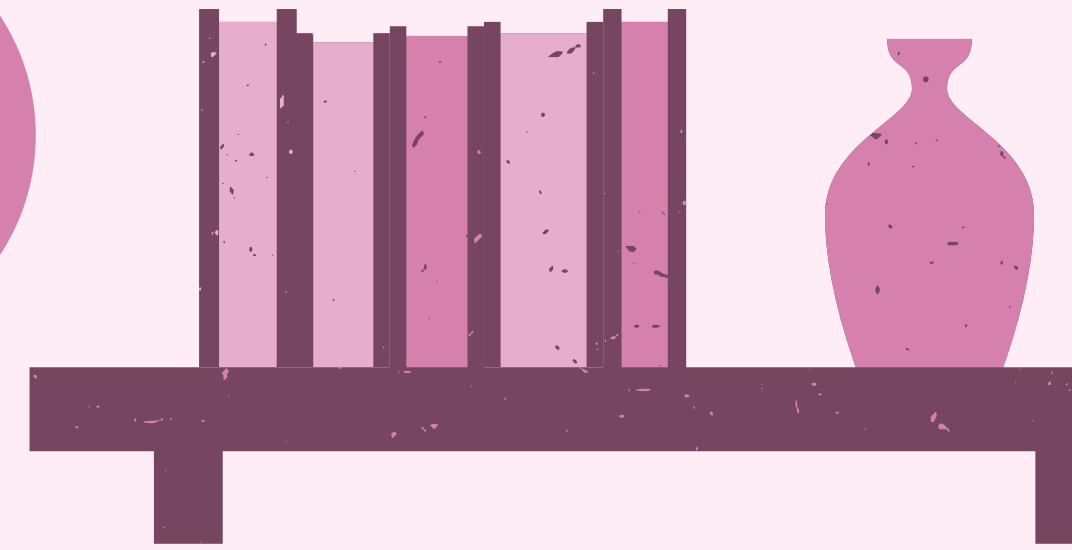
Tips, support and resources to help you during the pandemic  
and beyond



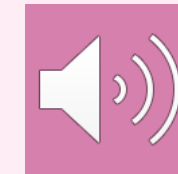
When you see the sound button click on it for the audio description!



# CORONAVIRUS AND YOUR MENTAL HEALTH



The coronavirus pandemic is a really difficult and uncertain time which has affected us all in different ways. COVID-19 has made so many people feel anxious and worried. There's lots of support out there to help get you through this difficult time. Click the links in the bubbles below to take you to some supportive online resources



CORONAVIRUS AND  
YOUR MENTAL HEALTH  
FOR YOUNG PEOPLE

HELPFUL INFORMATION  
FROM **MIND**  
TO SUPPORT YOUR  
MENTAL HEALTH DURING  
COVID

HOW TO DEAL  
WITH  
CORONA-  
ANXIETY

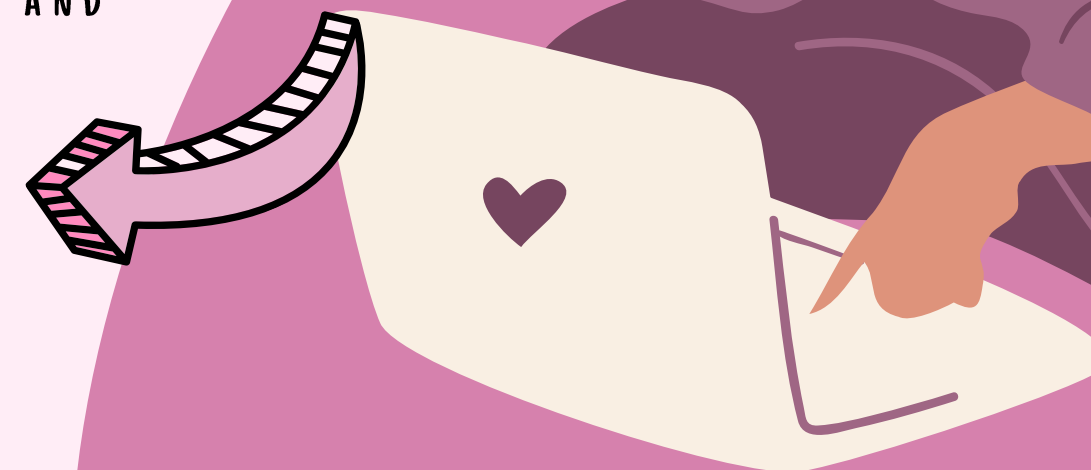
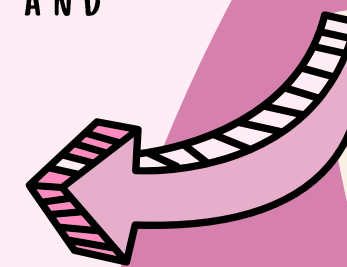
COPING WITH COVID RELATED  
ANXIETY FROM **THE MIX**

CORONAVIRUS  
FOR YOUNG  
PEOPLE

INFORMATION FROM **CHILDLINE**  
TO HELP YOU DURING THE  
COVID PANDEMIC AND  
LOCKDOWN

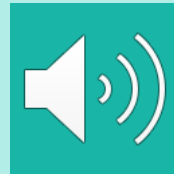
CORONAVIRUS  
AND  
MENTAL HEALTH

ADVICE AND GUIDANCE FOR  
YOUR MENTAL HEALTH  
DURING COVID-19 FROM  
**YOUNGMINDS**



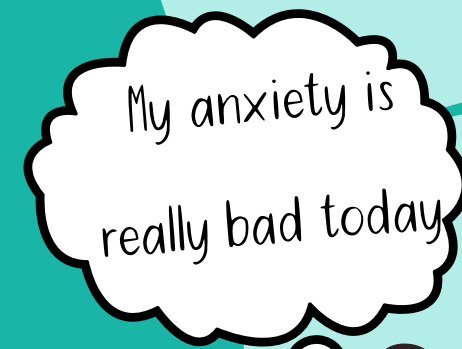
# TIPS TO HELP YOUR MENTAL HEALTH

COVID-19 is difficult, uncertain and it might make you feel anxious, lonely, scared or sad (it's okay to feel like that!) but when feelings like that appear, sometimes they're difficult to manage (even more difficult during a time like this). It's really important to remember that you are NOT alone in your feelings. Your friends might feel anxious too or your older sister might feel sad, these feelings are totally valid and okay!

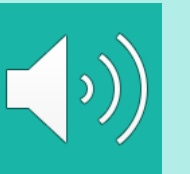


The following slides will hopefully help you manage some of the difficult feelings you might have because of the pandemic and hopefully help you manage those difficult feelings, thoughts and emotions beyond Coronavirus too.

If the anxiety you're feeling is becoming too overwhelming or is already too overwhelming, please reach out to a trusted adult to help get you support. At the end of this presentation there's a list of local services (and helplines) that will be able to offer you more in-depth support too



Anxiety is a normal human emotion. It's really important to remind yourself of this. We all feel anxious at certain times, particularly during COVID.



During times when you feel anxious remind yourself it's a temporary emotion and it will pass.

When you're feeling really anxious try to say a few of these coping statements

- This will pass
- I will be okay
- Stop, and breathe, I can do this
- This feels bad, it is a normal body reaction. It will pass

Breathing techniques are a really helpful way to help reduce anxious feelings. Try some of the breathing techniques in this presentation if you feel able to.

We've been breathing our whole lives, so why do we need to practice it? Breathing techniques and practicing breathing might seem strange and hard to get into. That's



totally understandable!

But using different breathing techniques can be a really simple and effective way to reduce feelings of panic and anxiety and are really useful to use (particularly during the pandemic)

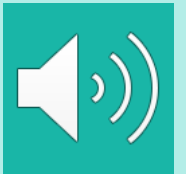
To begin with, you could maybe set a timer for one minute and practice the breathing exercise for that duration. Gradually increasing the time by one minute each time you practice the technique. Go at your own pace and do what you feel comfortable with.

A breathing technique that works for somebody else may not work for you, that's okay. Try different techniques until you find the best one for you, hopefully the techniques in this presentation will help

# BREATHING TECHNIQUES

## "HOT CHOCOLATE BREATH"

1. Imagine you're holding a mug of hot chocolate



2. Breathe in through your nose to smell the hot chocolate for 1, 2, 3, 4, 5



3. Breathe out through your mouth- blowing on the hot chocolate to cool it down for 1, 2, 3, 4, 5

4. Repeat until you feel calm

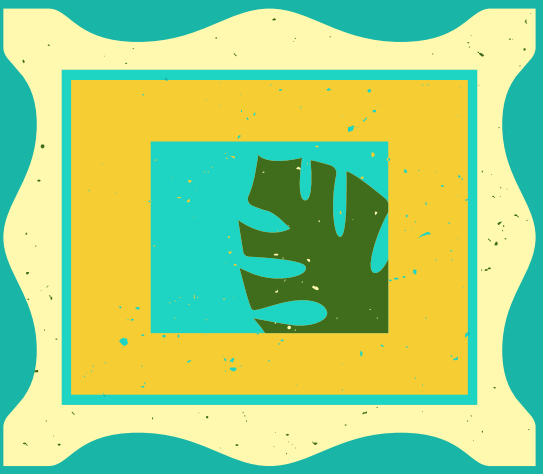
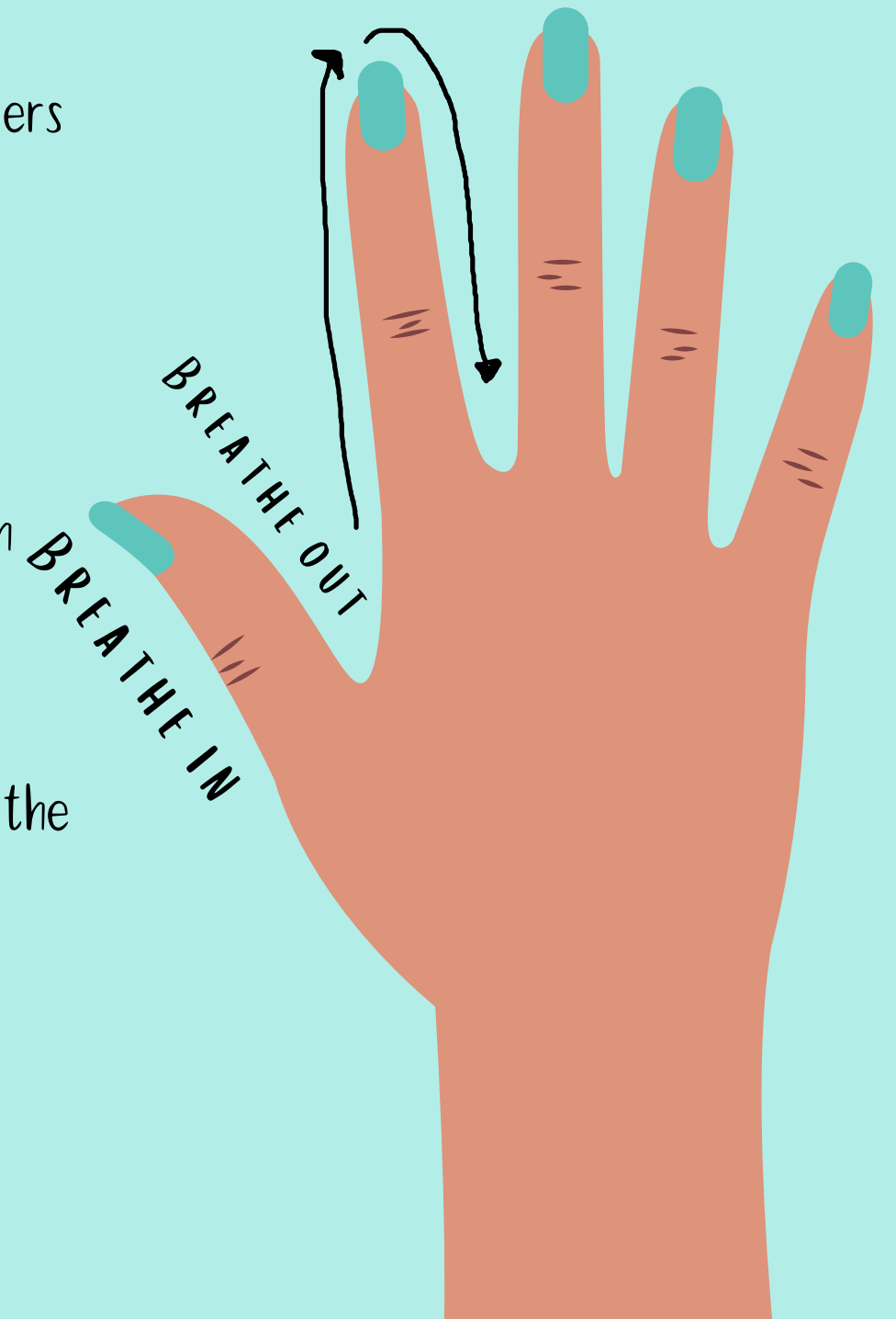


# BREATHING TECHNIQUES

## "FIVE FINGER BREATH"



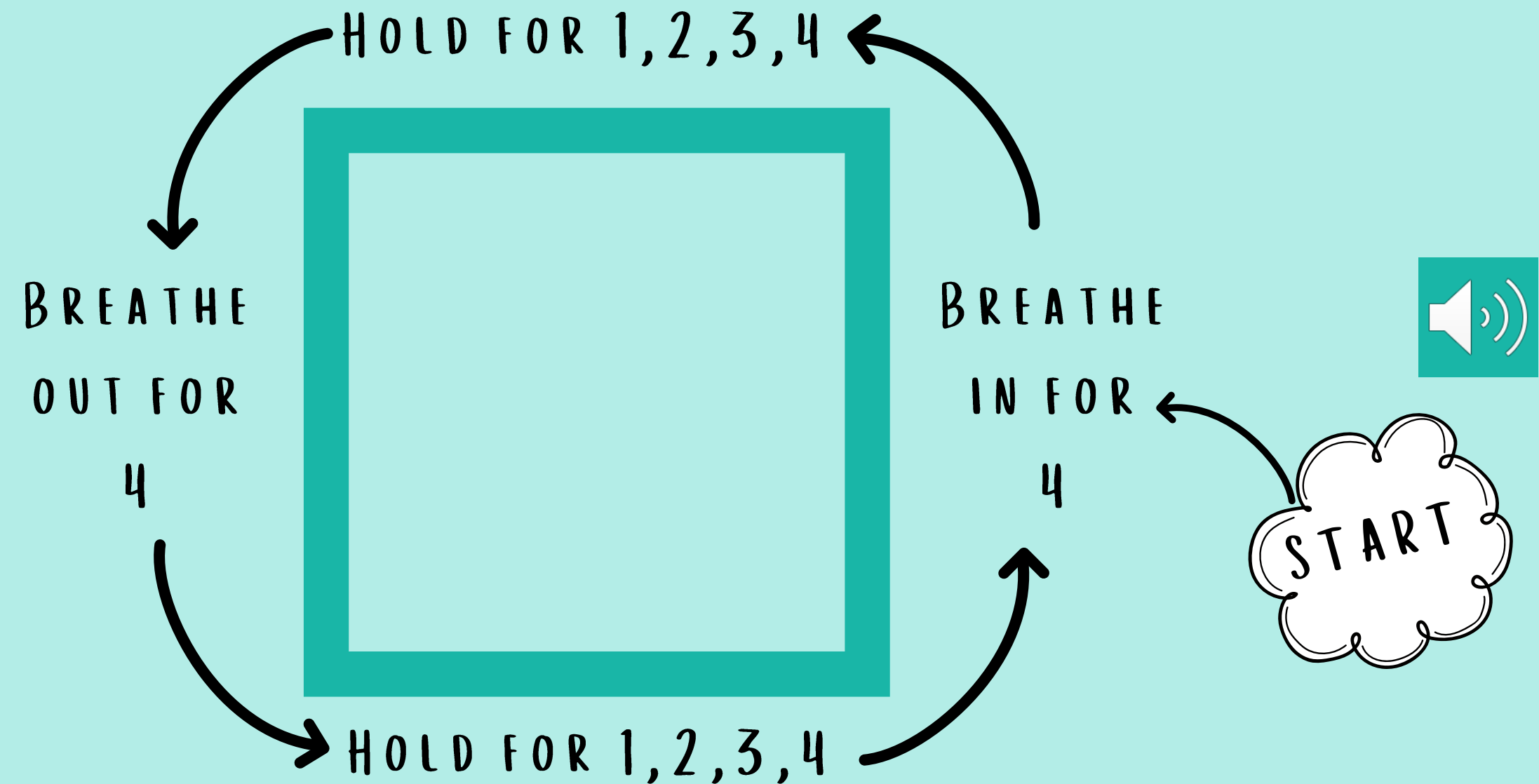
1. Stretch out one hand so you have space between your fingers
2. Use your index/pointer finger from your opposite hand to trace up from your thumb and breathe in
3. When you get to the top of your thumb breathe out through your mouth and trace down the other side of your thumb
4. Then trace up your next finger, breathing in and then breathe out when you reach the top of your finger, continue to breathe out as you trace your finger down the other side
5. Repeat until you've traced your entire hand



# BREATHING TECHNIQUES

## "SQUARE BREATHING"

- Start by breathing in for four
- Then hold for four
- Breathe out for four
- Then hold for four
- Repeat until you feel calm



Maybe set a timer for one minute and practice this breathing exercise for that duration. Gradually increasing the time by one minute each time you practice this technique. Go at your own pace and do what you feel comfortable with



# TIPS TO HELP YOUR MENTAL HEALTH

Sadness (just like anxiety) is a normal human emotion that we all feel at different times during our lives (particularly during a time like this). When you feel sad remind yourself it's a normal and temporary emotion- you won't feel sad forever. You're not alone in how you're feeling.



If you're feeling really low it's really important to share your feelings, have a look at the support page at the end of this presentation for different services that can help you manage these feelings, it will get better- you got this!



If you feel you're at a significant risk of harm either to yourself or others please contact the emergency/crisis mental health services which can be found at the end of this presentation.

Things will get better!



Try and stay in the moment and not focus too far ahead, concentrate on the day ahead of you.

Try and do different things that make you happy. Play with a pet, watch your favourite movie/tv series or listen to your favourite music. Put on a face mask or play your favourite game

Have a look at the self care page in this presentation for more ideas of things to do when you're not feeling great.

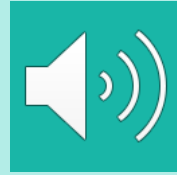
If sadness could talk it would probably tell us we might need to cry. If you feel able, allow yourself to have a good

cry



# TIPS TO HELP YOUR MENTAL HEALTH

Everybody a different times will have experienced negative thoughts, where we might be unkind to ourselves. The pandemic is a really difficult time which might make negative thoughts happen more often.



When you have a thought that's negative- identify it  
or write it down

Then ask yourself:

- Is this thought true?
- Does this thought make me feel good?
- Would I say this to my best friend ?

Then write down or think of three positive things to  
counterbalance the negative thoughts.

- "I am kind"
- "I try my best"
- "I'm doing the best I can"

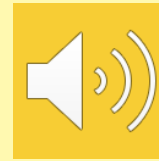


## SELF LOVE AFFIRMATIONS

Self love might sound a bit cliché but it's so important for our mental health. Self love, self compassion and being kind to yourself helps protect your mental health and it can improve your wellbeing. Try and say some of these self love affirmations to yourself



- My worth is not defined by my weight, appearance or clothes
- I am allowed to have bad days or unproductive days
- I am important and deserve respect
- I am enough, just as I am
- I matter



## SELF CARE IDEAS AND TIPS

Self care is so important for wellbeing, it's really important to take care of yourself. Self care doesn't always look like what you might see on Instagram or other social media platforms. Sometimes self care can be asking for help, taking a nap or even brushing your teeth. There is no correct way to practice self care, so don't put too much pressure on yourself to do it 'correctly' or get stressed trying to do certain types of self care based on what you might have seen on social media. Do what is best for you, what makes you feel good and what helps you the most

### SELF CARE IDEAS

#### RELAX

- Binge watch your favourite TV series
- colour, draw or paint
- play your favourite game/video game
- have a pamper session!

#### RECHARGE

- Have a nap
- Have a bubble bath
- Take a social media break
- Go for a walk

#### SELF CARE FOR MENTAL HEALTH

- Ask for help if you're struggling
- brush your teeth
- brush your hair
- wear clean clothes (or clean pyjamas)

#### FAVOURITE THINGS

Sometimes making time to do your favourite things can make you feel so much better! This could be dancing to your favourite music, playing with your dog or watching Netflix. Do anything you think is fun

# HOW TO PLAN FOR YOUR WELLBEING

Planning for your wellbeing is a really great way to look after yourself, especially during difficult periods (such as the coronavirus). Even beyond coronavirus, it's still really important to plan things that support your wellbeing. Life can be really chaotic and overwhelming sometimes. Especially with things such as school, homework, exams, clubs and friends (and Coronavirus!). It's really important to make time for yourself and do things that make you feel good

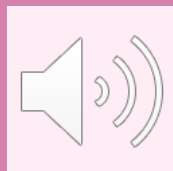
## There are five main ways to plan for your wellbeing

### 1. **C**onnect with other people

This could be with members of your household or with your friends/ family virtually- over zoom, facetime or skype etc

### 2. Be **A**ctive

Doing exercise and being active is a great way to support your wellbeing and mental health. Bright Futures offer fitness sessions every Thursday at 5pm with our amazing trainer Carla. The sessions are fun, a great way to stay active and amazing for your wellbeing and mental health (contact us for more information if you'd like to get involved!)



# HOW TO PLAN FOR YOUR WELLBEING

There are five main ways to plan for your wellbeing

## 3. G i V E

Helping others, doing something nice for your family, friends or community can be a great and rewarding thing to do and can help your own wellbeing too

## 4. L e a r n

Learning new things or learning a new skill can increase your confidence, self esteem and increase your wellbeing. Try a new activity, skill or hobby you've always wanted to learn

## 5. T a k e N o t i c e

Try some mindfulness, try some of the breathing techniques in this presentation and do something to help you relax



# WELLBEING PLANNER

Making a wellbeing planner can be a great way to improve your mental health and wellbeing and is really simple to do



- Divide a piece of paper into eight sections, putting the days of the week into each section and include a notes section
- Use the five ways to wellbeing to help plan your week

Click [HERE](#) to see South Tyneside Council's resources on planning for your wellbeing/creating a wellbeing planner and click [HERE](#) for the pdf version with different wellbeing advice and activity sheets

<b>MONDAY</b> Bake cupcakes with household (connect)	<b>TUESDAY</b> practise painting (learn)	<b>WEDNESDAY</b> Write a letter to family members (give)	<b>THURSDAY</b> Bright Futures Fitness at 5pm (be active)
<b>FRIDAY</b> put on face mask (take notice)	<b>SATURDAY</b> Watch movie with friends over zoom (connect)	<b>SUNDAY</b> Facetime family members (connect) Do some breathing techniques (take notice)	<b>NOTES</b> Start to learn a new language (learn) try new breathing techniques (take notice)





# CRISIS MENTAL HEALTH SUPPORT

## INTENSIVE COMMUNITY TREATMENT SERVICE

If your mental health reaches crisis point, you're struggling to cope and you feel you're at risk of harming yourself or others it's really important to contact the Intensive Community Treatment team who can help support you during a crisis period.

If you're under sixteen contact the Intensive Community Treatment team on:

**0191 566 5500**

If you're over sixteen contact the Initial Response Team on:

**0303 123 1145**





# LOCAL MENTAL HEALTH SUPPORT

## LIFECYCLE

Single point of contact for all MH support in South Tyneside

**CONTACT 0191 283 2937**

If you are under 16 please ask a parent, carer or trusted adult (teacher, youth worker, support worker) to contact them for you

## MATRIX

Provides support and help to young people under 18 (and their families and carers) who have been affected by drug and alcohol misuse. Matrix also provide mental health support and advice to young people accessing this service

**CONTACT 0800 328 1898  
OR 0191 497 5637**

## CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH SERVICE (CYPS)

If Lifecycle think you would benefit from different support they will get you help from CYPS- contact Lifecycle first to ensure you receive support from the right place

# HELPLINES AND HELPFUL WEBSITES

## BEAT

provides support to anybody who has, or worried they might have an eating disorder

0808 801 0711 (UNDER 18 HELPLINE)

0808 801 0811 (STUDENTLINE)

0808 801 0677 (OVER 18S HELPLINE)

## BECOME - CARE ADVICE LINE

support for young people in care and young care leavers

0800 023 2033

## CHILDLINE

provides support to anybody under the age of 19 with any issue

they're going through

0800 1111

## PAPYRUS HOPELINEUK

Support for children, young people and adults under 35 experiencing suicidal thoughts

CALL 0800 068 4141 OR TEXT 07860039967

Click the name of the  
organisation to take  
you directly to their  
website!

## FRANK

confidential information, advice and  
support surrounding drugs

CALL 0300 123 6600

TEXT A QUESTION TO FRANK  
82111

Kooth offers anonymous  
online mental health  
support for children and  
young people (11-25)



# HELPLINE, CRISIS MESSAGING AND ONLINE RESOURCES

## THE MIX

provides support for under 25s surrounding a range of different issues

CALL 0800 808 4994

FOR CRISIS MESSAGING TEXT THEMIX 85258

## YOUNG MINDS

provides a crisis messaging service to young people in crisis

TEXT YM TO 85258

## SAMARITANS

provides support to anybody who needs it

CALL 116 123

## SHOUT

provides support to anybody in crisis

TEXT SHOUT TO 85258

## NO PANIC

provides support to YOUNG PEOPLE struggling with anxiety and anxiety based disorders

CALL 0330 606 1174 (YOUTH HELPLINE 13-20 YEARS)

CALL 0300 7729844 (HELP LINE)

Click the name of the  
organisation to take  
you directly to their  
website!

helpful youth resources to  
help manage anxiety

helpful resource to manage  
anxiety and exams



# CONTACT US

If you would like further  
information/support, please see our  
contact details

[WWW.BRIGHTFUTURESNE.CO.UK](http://WWW.BRIGHTFUTURESNE.CO.UK)

[BRIGHTFUTURES@LIVE.CO.UK](mailto:BRIGHTFUTURES@LIVE.CO.UK)

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bright\_futures\_1



'Bright Futures Young Women's  
Project'



@brightfutures1

