



# COVID-19 Outbreak

## Mental Health Resources



**Suffolk**  
County Council



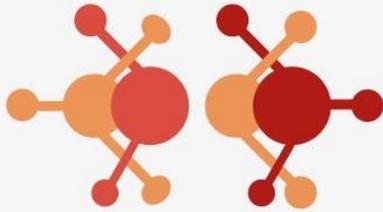
Children &  
Young People's  
Emotional  
Wellbeing Plan

2020

# Coronavirus

## What is COVID-19?

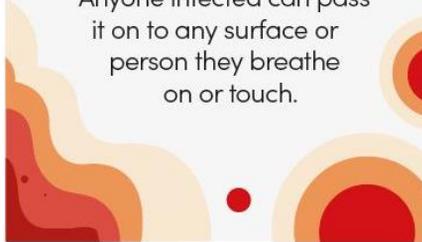
COVID-19 is a new illness that can affect your lungs and airways. It's caused by a family of viruses, known as coronavirus.



## How does it spread?

It's spread in a similar way to colds and the flu. This can be via droplets from coughs and sneezes, and by touching or shaking hands.

Anyone infected can pass it on to any surface or person they breathe on or touch.



## Symptoms

- A dry cough
- A high temperature (fever)
- Shortness of breath



## Preventative measures

Wash hands regularly with soap.

Aim to wash them for 20 seconds, getting a good lather. Pay attention to the tips of your fingers and the gaps in between.

If soap and water aren't available, use an alcohol-based hand sanitiser.

Avoid unnecessarily close contact with others, particularly people who are sick.

Use alternative greetings to shaking hands or kissing on the cheek.



## Alternative Greetings



The Leg Bump



The 10 Feet Point



Wave



The Elbow Bump

## What to do if you are worried

**Use reputable information sources** - If in doubt, get the latest information from:

- World Health Organisation (WHO)
- NHS
- GOV.UK

**Seek medical advice early** - If you think you have symptoms, do not go to your GP or hospital - instead, call the NHS 111 phone service.

# Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



RED

## If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts **grunting**
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the 'Glass test')
- Has testicular pain, especially in teenage boys

## You need urgent help:

Go to the nearest A&E department or phone 999



AMBER

## If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (**recession**) or **head bobbing**
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

## You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



GREEN

## If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional **advice** is available to families for coping with crying of well babies 
- Additional **advice** is available for children with complex health needs and disabilities.

## Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111

## Information for parents, carers and professionals

We are all adapting to a new way of life due to Covid-19, and this is a very challenging and emotional time for families. As parents and carers, and those ensuring the welfare of children, it is important that we help children find positive ways to express their feelings. Below are some things that you can do to support children and young people during this time.

**Every child has their own way to express emotions:** Engaging in a creative activity, such as playing, and drawing can facilitate this process. Children feel relieved if they can express and communicate how they feel in a safe and supportive environment. This will help them to recognise and manage feelings, such as, sadness or anxiety, and know that it is okay to share these feelings.

**Keep children close to parents, carers and family members:** If considered safe for the child, avoid separating children from a parent/carer as much as possible. If a child needs to be isolated from a parent, during periods of separation, ensure regular contact with the parent/carer is maintained as much as possible, such as twice-daily scheduled phone or video calls or other age-appropriate communication (e.g., social media depending on the age of the child).

**Maintain familiar routines in daily life as much as possible, or create new routines if children must stay at home:** Provide engaging age appropriate activities for children, including activities for their learning. As much as possible, encourage children to continue to play and socialize with others, even if only within the family when advised to restrict social contact.

**During times of stress and crisis, it is common for children to seek more attachment and be more demanding on parents and carers:** Discuss COVID-19 with your children using honest and age appropriate way. If your children have concerns, addressing those together may ease their anxiety. Children will observe adults' behaviours and emotions for cues on how to manage their own emotions during difficult times so try to remain calm in front of your children. See the next page for additional advice.

# Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

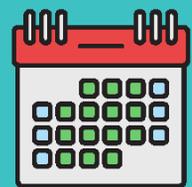
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



# Emotional Wellbeing, Mental Health and Learning Disabilities COVID-19 Information Hub



Find information about looking after your physical and emotional health at home on the Healthy Suffolk COVID-19 Information Hub.

Visit: [www.healthysuffolk.org.uk/covidhub](http://www.healthysuffolk.org.uk/covidhub)



## Emotional Wellbeing Gateway

Information, advice and guidance on common mental health issues in children & young people (including bereavement support) and community support services.

Visit: [www.emotionalwellbeinggateway.org.uk](http://www.emotionalwellbeinggateway.org.uk)



A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.

Children &  
Young People's  
Emotional  
Wellbeing Hub

**The Emotional Wellbeing Hub:** Information and advice for parents, carers and professionals concerned about a child or young person's mental health, aged 0-25 years, in East and West Suffolk.

**Call 0345 600 2090** (Mon-Fri, 8am-7.30pm)

To make an online referral go to:

[www.emotionalwellbeinggateway.org.uk](http://www.emotionalwellbeinggateway.org.uk)

## POINT 1

**The Point 1 Service:** Support for children and young people experiencing mental health and emotional wellbeing problems, and live in Lowestoft and Waveney.

**Call 0800 977 4077** <https://point-1.org.uk>

For other mental health services for

0-25s in Norfolk & Waveney [click here](#)

**wellbeing**  
Service

**The Suffolk Wellbeing Service:** A range of support for common emotional wellbeing issues, such as low mood, depression or stress. **Visit:** [wellbeingnands.co.uk](http://wellbeingnands.co.uk)

**Call: 0300 123 1503.**

**kooth**

**Kooth:** A free online counselling and emotional wellbeing service for young people in Suffolk, accessible through mobile, tablet and desktop.

**Visit:** [www.kooth.com](http://www.kooth.com)



**The Source website:** Information and sources of support for young people in Suffolk about Coronavirus and emotional health and wellbeing issues. **Visit:**

[www.thesource.me.uk/coronavirusinfo](http://www.thesource.me.uk/coronavirusinfo)

[www.thesource.me.uk/wellbeing](http://www.thesource.me.uk/wellbeing)



**30 Day Whats Up Challenge:** It's 30 simple things young people can do with friends and family to support their emotional wellbeing.

**Visit:** [www.thesource.me.uk/whatsup](http://www.thesource.me.uk/whatsup)



**Moodwise:** Tools and resources to help 16-25 year olds to feel better.

**Visit:** [www.moodwise.co.uk](http://www.moodwise.co.uk)



**ChatHealth:** 11-19 year olds can ask for confidential help and advice on health issues from a Suffolk School Nurse.

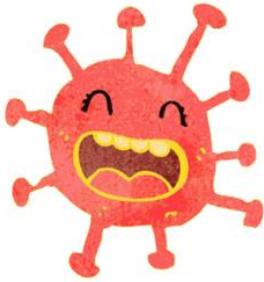
**Text: 07507 333356** (Mon-Fri, 9am-4.30pm)



**4YP:** Suffolk Young People's Health Project, is a local charity, which provides and coordinates services that improve the social, emotional, and physical health and wellbeing of young people in Suffolk, aged 12-25. **Visit:** [www.4yp.org.uk](http://www.4yp.org.uk)



**Volunteering Matters:** Have put together family support packs which includes information around COVID-19 and family activities. The packs are available in five languages: English, Romanian, Spanish, Portuguese and Polish. [Click here](#)

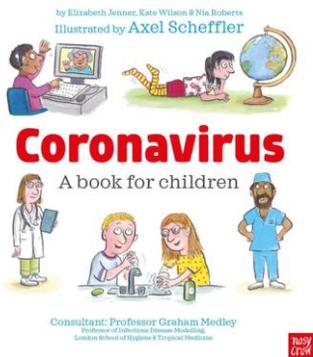


**My name is Coronavirus**

**#COVIBOOK** Mindheart have created a short book to support and reassure children under the age of 7, regarding COVID-19. It's available in different languages.

Visit: [www.mindheart.co/descargables](http://www.mindheart.co/descargables)

**Children's guide to coronavirus:** The Children's Commissioner has created a children's guide to coronavirus to help explain the situation. It aims to answer children's questions about coronavirus, tells children how to stay safe and protect other people. [Click here](#)



**Coronavirus book for children:** Axel Scheffler have produced a book about Coronavirus for children and it's available as a free download.

[Click here](#)

If you are looking for a social story to help explain Coronavirus to your relative or the person you support, read this

[Carol Gray story.](#)



## **Reading Well Resources**



[www.suffolklibraries.co.uk/health](http://www.suffolklibraries.co.uk/health)

**READING  
WELL**

[www.reading-well.org.uk/books](http://www.reading-well.org.uk/books)

# Suffolk

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**Suffolk Minds:** have created a number of resources for adults and children to help them stay well at home during the COVID19 outbreak. Anyone who needs support can contact their friendly team.

**Call: 0300 111 6000**

(Monday – Friday), Visit:

[www.suffolkmind.org.uk](http://www.suffolkmind.org.uk)

## YOUNG MiNDS



### Coronavirus: Impact on Young People with Mental Health Needs

Read our report looking at the impact of coronavirus on the mental health of young people and find out what we're asking of Government.

If your child is worried or anxious about Coronavirus, Young Minds have created a Parents Helpline for expert advice on what you can do. **Visit:** [www.youngminds.org.uk](http://www.youngminds.org.uk)

Questions to ask your child in self-isolation

**YOUNG MiNDS**

A time capsule that reflects the time a virus came to Town.

'THE ART OF BEING

2 METRES APART!

£30 voucher  
for winner of  
each category

Two age  
categories:

- 5-11
- 12-19 (25 with SEND)

2020 TIME  
CAPSULE  
COMPETITION

The idea behind this time capsule competition is to help children and young people to express and share their feelings during this difficult time through Art, Music or Creative Writing, which could be reflections on current daily life, ways in which we are adapting and how we are managing our fears and hopes. Also, to gather advice for future generations should they face a pandemic or significant change again. [Click here](http://www.thesource.me.uk/timecapsule)

For more details [www.thesource.me.uk/timecapsule](http://www.thesource.me.uk/timecapsule)



SUFFOLK  
PARENT CARER  
NETWORK

**Suffolk Parent Carer Network:** SPCN is a network of parents and carers of children with additional needs and/or disabilities. They are offering support to Suffolk parents online and over the phone, and have a support page [Click here](#)

They are sending out free Family Support boxes to families of children with additional needs up to the age of 25.

**Call: 07341 126455,**

**Visit: [www.spcn.org.uk](http://www.spcn.org.uk)**

Find them on Facebook: @Suffolkpcn

**Suffolk SENDIASS:** Special Educational Needs and Disabilities Information Advice and Support Service. Provides a confidential and impartial information and advice service to SEND families.

**Visit: [www.suffolksendiass.co.uk](http://www.suffolksendiass.co.uk)**

**Suffolk SEND Local Offer:** Information about support services and local opportunities for children and young people with SEND.

**Visit: [www.suffolklocaloffer.org.uk](http://www.suffolklocaloffer.org.uk)**

**PACT:** Parents and Carers Together are providing increased support to families during lockdown to support the mental health of their children and young people, offering private meetups via Zoom, support by telephone: 07856 038799, email:

[parentsandcarerstogether@gmail.com](mailto:parentsandcarerstogether@gmail.com)

and through their [Facebook group](#)

**Visit: [www.parentsandcarerstogether.co.uk](http://www.parentsandcarerstogether.co.uk)**

Special Educational Needs  
and Disability Information,  
Advice & Support Service

sendiass



PARENTS AND CARERS TOGETHER



**Suffolk Family Carers:** Provide support to family carers of all ages across Suffolk who look after somebody due to illness, mental health or substance misuse .

**Call: 01473 835477**

**Visit: <https://suffolkfamilycarers.org>**



**Suffolk User Forum:** During COVID-19 the SUF team are providing weekly telephone support to members, discussing any worries, offering wellbeing support, and self care tips.

**Call: 01473 907087**

**Visit: [www.suffolkuserforum.co.uk](http://www.suffolkuserforum.co.uk)**



**Anna Freud:** Provide clear, simple advice to all those who are supporting children and young people - including to young people themselves.

**Visit: [www.annafreud.org](http://www.annafreud.org)**



**Childline:** Advice for children on managing anxiety. They also have a Calm Zone with activities and videos to help children keep calm. [Click here](#)



**BEAT:** is the UK's eating disorder charity. They are a champion, guide and friend for anyone affected by an eating disorder.

**Visit:** [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

### **Eating Disorders and Coronavirus**

Beat have listened to the issues that have been raised and, with the help of eating disorder clinicians, put together the guidance to try to respond to the most common ones. Alongside a number of online support services detailed below:

**Helpline: 0808 801 0677** 📞

**Studentline: 0808 801 0811** 📞

**Youthline: 0808 801 0711** 📞

Open 365 days a year from 12pm–8pm during the week, and 4pm–8pm on weekends and bank holidays

### **Online Support Groups**

Beat run a number of **eating disorder online support groups** for both those suffering and for carers. Find out more about all the groups [click here.](#)

# Eating disorders.

## Know the first signs?



### Lips

Are they obsessive about food?



### Flips

Is their behaviour changing?



### Hips

Do they have distorted beliefs about their body size?



### Kips

Are they often tired or struggling to concentrate?



### Nips

Do they disappear to the toilet after meals?



### Skips

Have they started exercising excessively?

If you're worried someone you care about is showing any signs of an eating disorder- even if they're not on our list - act quickly and get in touch. We can give you answers and support you need to help them on the road to recovery as soon as possible.



Don't delay. Visit [www.beateatingdisorders.org.uk/tips](http://www.beateatingdisorders.org.uk/tips)



## One-to-one Web Chat

Speak directly with Beat's support advisors using our secure messaging service. Click here for to [chat](#)



## Overtuning Bad Decisions

If someone has made a decision that denies you or a loved one treatment for or information about an eating disorder, this page is designed to help you overturn that decision. [Click here](#)



## Supporting Somebody With an Eating Disorder

If you know somebody who has an eating disorder or who you think might have an eating disorder, Beat can help you.

[FIND OUT MORE](#) ▶



**Wednesday's Child:** Is a new eating disorder helpline available to families and sufferers in Suffolk affected by an eating disorder. **Call: 0800 844 5211**



**FEAST:** provides useful information and online support for parents of those with eating disorders.

Visit: [www.feast-ed.org](http://www.feast-ed.org)



**Is life getting too much?:** This is a suicide prevention card for young people with advice and contacts if they are experiencing suicidal thoughts.

[Click here](#) This information is also available online: [Click Here](#)



**Campaign Against Living Miserably (C.A.L.M):** They are a male suicide prevention charity for men and boys. You can contact their [helpline and webchat services](#) which are available from 5pm to midnight every day for lads who are finding things tough right now. **Call: 0800 58 58 58**

Visit: [www.thecalmzone.net](http://www.thecalmzone.net)



**Hopeline UK (Papyrus):** National charity for young people at risk of suicide or who are worried about a young person.

Call: 0800 068 41 41 [Click here](#)

# THE MIX

[The Mix](#) is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile.

The Mix's has a [Get Support](#) section. Here you can visit their discussion boards, use the Group Chat Service and speak to their trained team. They have also written some articles to help support and educate young people on coronavirus. Click on the articles below:





**Carers UK:** have given some guidance on what support is available to you as a carer and those you look after.

[Click here](#)



**MindEd for families:** Provides information and guidance to families and children and young people on a range of Mental health and emotional wellbeing issues. [Click Here](#)



**HomeStart:** Home-Start are supporting families across the UK during the Coronavirus (COVID-19) outbreak. They have useful ideas on activities parents and carers, can do at home with children.

**Visit:** [www.home-start.org.uk](http://www.home-start.org.uk)



**Public Health Agency:** Have advice on COVID-19 for places of Education.

**Visit:** [www.publichealth.hscni.net](http://www.publichealth.hscni.net)



**NHS East of England Eating Disorders Clinical Network films:** You can stream or download the short films (30 mins each) by clicking on, or copying and pasting, these links:

[A Carer's Perspective](#)

[A Professional's Perspective](#)



**St Elizabeth Hospice:** Provide emotional support to children, young people and families following the loss of a loved one. They have an emotional wellbeing enquiry line, the 565 Service, and GriefChat counselling service, available for anyone who is impacted by the coronavirus crisis and needs bereavement support. [Click here](#)

**Call 01473 707999** (9am–4pm, 7 days a week)



**When someone dies:** This is an advice page on The Source website for young people in Suffolk who are experiencing the loss of someone. [Click here](#)



**Cruse Bereavement Care:** They have information for families for dealing with grief caused by Coronavirus, and advice on grieving in isolation. [Click here](#)



**Child Bereavement UK:** They provide support for bereaved children and families, and have an information sheet to support bereaved children through difficult times.

[Click here](#)

**Helpline: 0800 02 888 40** (Mon-Fri, 9-5pm)



**Samaritans:** Advice if you're worried about your mental health during Coronavirus and looking after yourself in social isolation. [Click here](#)

# Need to talk?



Free, anonymous  
and safe online  
support for children  
and young people  
365 days a year

Suffolk extends  
'Kooth' free online  
mental health  
counselling service  
to young people  
aged 19-25, in  
response to  
COVID19 crisis



**Kooth** have been providing young people in Suffolk aged between 11 to 18, with a safe and secure place for them to access online support for their emotional health and wellbeing needs, from friendly qualified counsellors and support workers. This service has now been extended to include young people up to the age of 25.

## ONLINE WELLBEING COMMUNITY

Advice, Tips, Strategies to support you and your family:

*Creating a Positive Mindset*

*Building Resilience Improving Self*

*Esteem & Confidence Eating for Health*

*& Happiness Manage Low Level*

*Behaviours*

*Reduce Stress & Anxiety with ways to Calm*

*Meditation, Yoga, Pilates, Tai Chi*



**[www.nowsthetimeforchange.com](http://www.nowsthetimeforchange.com)**



**Mencap:** Take a look at this easy read guide Mencap have created around the Coronavirus (COVID-19).

**Visit:** [www.mencap.org.uk](http://www.mencap.org.uk)



**No Panic:** is a registered charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders including those people who are trying to give up Tranquillizers.

No Panic also provides support for the carers of people who suffer from anxiety disorders. [Click here for more details](#)



**Anxiety UK:** A range of information, resources and support for helping to deal with your anxiety during Coronavirus.

[Click here](#)



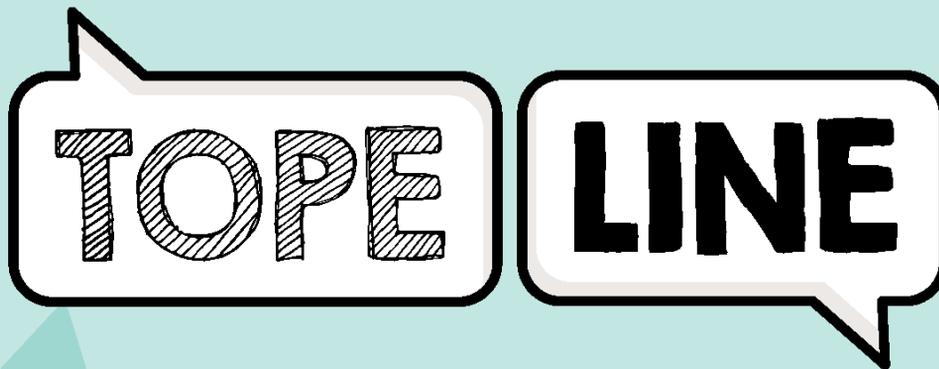
**BACP:** Have guidance on Coronavirus anxiety: how to cope if you're feeling anxious about the outbreak. [Click here](#)



**Stem4:** Have lots of resources to help parents manage their teenagers mental health during the coronavirus outbreak.

[Click here](#)

# SILENT NO MORE.



**Confidential abuse support for  
young people (13+) in Suffolk**

**Free phone**

**0808 168 1154**

Mon-Fri 9am-9pm

**Text / WhatsApp**

**07375 296229**

Mon-Fri 9am-9pm

**Webchat**

**TOPE.ORG.UK**

Daily 6pm-9pm

**Find us**

 **topelinesuffolk**

 **Search 'Tope Suffolk'**

 **line\_tope**

 **topeline**

**Email:** [support@tope.org.uk](mailto:support@tope.org.uk)

**SILENT NO MORE.**

Operated by

  
**SURVIVORS**  
in transition

**TURNING  
POINT**  
inspired by possibility



**Turning Point:** Suffolk wide drug and alcohol support service for adults and young people. They are still open, but due to COVID19 they can only offer support by phone and online. They can still receive referrals if someone you know needs support.

**Call: 0300 123 0872 [Click here](#)**

**FRANK**  
Friendly, confidential drugs advice

**Talk to FRANK:** Provides support and friendly, confidential advice to young people on drugs and alcohol.

**Call: 0300 1236600 (24/7 helpline)**

**Text to ask a question: 82111 [Click here](#)**



**Alcoholics Anonymous:** National helpline and support for anyone who needs help with a drinking problem.

**Helpline: 0800 9177 650**

**Email a question: [help@aamail.org](mailto:help@aamail.org)**

**[Click here](#)**



**Narcotics Anonymous:** Is an anonymous, voluntary organisation. Membership is open to anyone with a drug problem seeking help, regardless of what drug or combination of drugs used.

**Helpline: 0300 999 1212 [Click here](#)**

**ACT**  
Anglia Care Trust

**Anglia Care Trust:** Offer a Drug and Alcohol Recovery Service.

They now provide a 24/7 Domestic Abuse Hotline: **0800 977 5690**

**[Click here](#)**



**Headspace App** – is an app that gives you mindfulness exercises and guided meditation. The app is offering some free support during the global crisis. [Click here to download](#)

Free 10-day beginner's course that guides you through the essentials of meditation and mindfulness.



Learn meditation and mindfulness in just minutes



think *Ninja*



**ThinkNinja®** – is an app from Healios, helps young people aged 11 to 17 years old with their mental health, emotional well-being and resilience, and supports symptoms of anxiety and low mood.



As a direct response to the COVID-19 crisis we have updated ThinkNinja with specific COVID-19 content. This will bring self-help knowledge and skills to children and young people (10-18 years old) who maybe experiencing increased anxiety and stress during the crisis. Click to download for [Apple](#) and [here for Android](#).

# Wellbeing Apps



## ANXIETY, LOW MOOD & STRESS



Pacifica



In Hand



Stop, Breathe, Think

## SELF-HARM



Calm Harm

## EATING DISORDERS



Recovery Record

## SUICIDE PREVENTION



Stay Alive

Visit: [www.thesource.me.uk/Apps](http://www.thesource.me.uk/Apps)

## HOME, BUT NOT ALONE

Connecting volunteers and vulnerable people in Suffolk

DOWNLOAD

**Tribe - Volunteer**  
APP TO VOLUNTEER



Need a volunteer's help? Call: **0800 876 6926**

#COVID19SUFFOLK

**Home, But Not Alone:** Is a new Suffolk-focused community service to support people in Suffolk who need help during the COVID-19 pandemic. The service helps connect people who want to volunteer in their communities with neighbours who are most in need. People who need help can freephone to request support on **0800 876 6926** (9am to 5pm, seven days a week), while those offering support can do so through a free app called 'Tribe Volunteer'.

[Click here for more details](#)