

MENTAL HEALTH THROUGH LOCKDOWN

HINTS, TIPS AND RESOURCES FOR COPING

MENTAL HEALTH AWARENESS WEEK

18th to 24th May 2020

#kindnessmatters

- Be kind to others
- Be kind to yourself

Follow [@BennettWelfare](https://twitter.com/BennettWelfare) on Twitter for access to mental health resources and advice





NHS- EVERY MIND MATTERS VIDEO

7 TIPS FOR STUDYING AT HOME

1. Establish your own routine

Without steady schedules, the lines between school-work and personal time can get blurred and be stressful to get right. Some flexibility can be helpful, so make it work for you.

During lockdown, try to follow your normal sleep and work patterns where you can, and stay consistent.

Get up at the same time, eat breakfast, and get out of your pyjamas!

Most importantly, when your school day stops, stop working. Shut down, stop checking Teams and focus on your home life. And at the end of the day, try to get to bed at your usual time.

7 TIPS FOR STUDYING AT HOME

2. Make a dedicated workspace

This follows on from point 1: when we live and work in the same space, it can create anxiety and stop us being able to focus.

If you can, find a quiet space away from other people and distractions like the TV (or the kitchen, when you feel snacky). Make sure the space is tidy.

Get everything you need in one place, before you start work – chargers, pens, paper and anything else – and shut the door if you can. Even in a small or shared space, try to designate an area as your work space.

Lastly, get comfortable. While it might be tempting to sit on the sofa, it's much better to sit at a desk or table.

7 TIPS FOR STUDYING AT HOME

3. Stay organised

Once you have logged into Teams and checked your emails, use a pad, paper or diary to write down the main tasks of the day.

Use that diary to fill in any events coming up in the week that you shouldn't miss; any live lessons, assemblies and meetings.

Tick off work as you go, whether that's in assignments or in your pad.

If you have a set back with keeping on top of work, make a list of outstanding work and make a plan to complete extra pieces in the week ahead- don't let the list grow so long it seems insurmountable. Even then its always possible to chip away one piece at a time.

It will be short term pain for long term piece of mind

7 TIPS FOR STUDYING AT HOME

4. Give yourself a break

Working at home can make us feel like we have to be available all the time.

Making time for breaks is important to help manage feelings of stress – try to take lunch and regular screen breaks. Give yourself time to concentrate on something else so you feel more focused when you return. Even just 5 to 10 minutes of short breaks each hour can really help your productivity too.

If possible, set a time to go for a walk and get some fresh air , or just step out into the sun.

Working from home means you might be spending a lot more time without moving your body. If you're feeling stiff or tense, try doing some light stretching or exercise.

7 TIPS FOR STUDYING AT HOME

5. Stay connected

Feeling isolated is normal right now. But there are lots of ways to stay in touch with those who matter – boosting their mental wellbeing as well as our own.

In and out of school, human interaction matters. Schedule video calls and pick up the phone instead of emailing. If you're struggling with working at home then speak to your friends, teachers, or the Sixth Form Team.

And remember, your friends probably feel the same as you! Ask how they're doing and whether there are ways you can support each other.

Make time to socialise virtually – schedule in a digital coffee break or Friday online get-together.

7 TIPS FOR STUDYING AT HOME

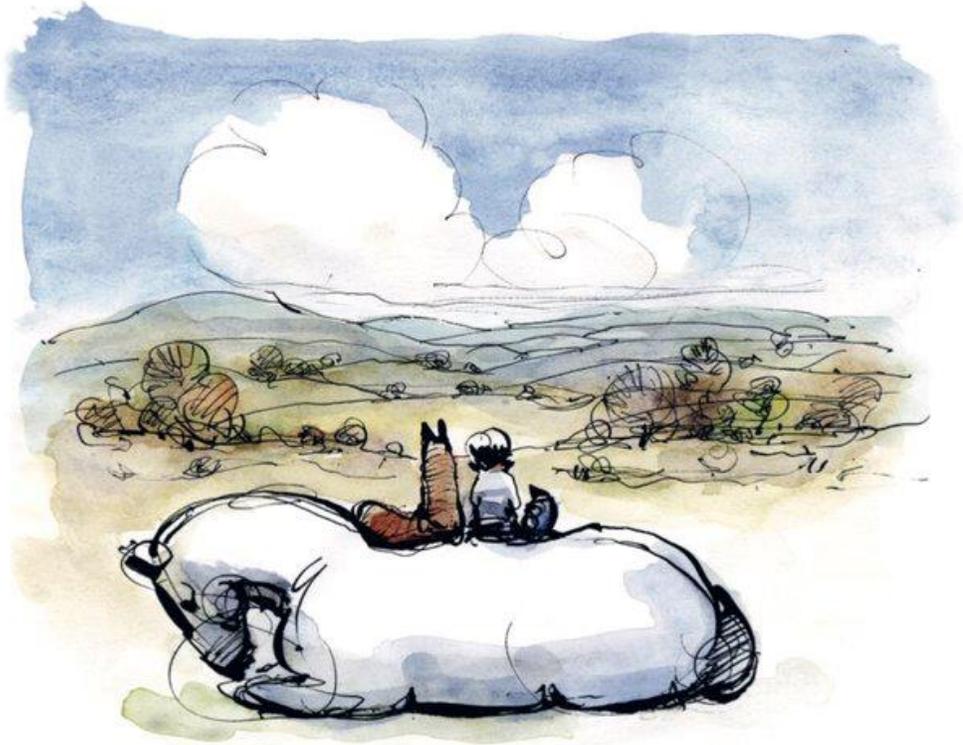
6. But set boundaries

Setting boundaries with other members of your household is key to mental wellbeing while working at home.

It can be difficult if there are new distractions to deal with, like siblings at home and parents working.

Have a discussion with members of your family about what works best for everyone and be kind to each other. Recognise it won't always work, all of the time.

Similarly, set boundaries with school work. It's easier to stay logged on when your home is your office, but try to switch off from school when the day is over and enjoy time doing what you like.



"Nothing beats kindness," said the horse. "It sits quietly beyond all things."

7. Be kind to yourself

Be kind to yourself and acknowledge that you might not always feel productive and on top of things.

When it becomes too much, step away, take a breath and come back to it when you feel better.

You will have good days and bad days, but it is all normal and part of this situation we are in.

1

Communicate

Talk to someone about how you're feeling – it's helpful to get things off your chest, if you speak to someone you trust they may be able to help you feel less anxious.



2

Maintain a Healthy Lifestyle

Eating too much sugar and drinking too much alcohol or caffeine can leave you feeling irritable and tired. Improving your diet by eating more fruit and veg can have a positive impact on anxiety, allowing you to think more clearly.



3

Support Others

Helping someone else feels good, as it gives us a sense of purpose and self-worth. Even small acts of kindness can make a big difference. Try helping out a neighbor, getting in touch with a friend or relative who may need some support, or volunteering for a local cause.



4

Keep Active

Staying active can make a big difference to both our physical and mental wellbeing. Try and fit activities you enjoy into your routine and if you need more motivation, plan an activity with a friend or family member.



5

Be Creative

Listening to your favourite music, picking up a paintbrush, or putting pen to paper – any activity that engages our creativity is an excellent way to support mental wellbeing. Building your skills can leave you with a sense of achievement and boost your confidence.



What if I am doing all of those things and I still feel low or anxious?

Remember, this is an unusual situation and you may well have times when you feel you cannot cope, many of us will be feeling the same. This may then be followed by days when you feel fine.

But what if you feel so low and anxious it is stopping you from working and you feel extremely low, stressed or anxious most days?

Step 1:

It is a good idea to keep a diary, perhaps you can identify patterns to these feelings. Are there certain triggers you can remove?

Step 2:

Talk to someone about how you are feeling and talk it through with them. Find someone you trust- a family member, friend or contact at school

Step 3:

Form a mental health action plan- what resources might help you to feel better, can you find some self-help solutions

Step 4:

Contact a professional for help

Contacting a professional

- Choose what feels best for you
- If you are able to, let that trusted someone know you are contacting a professional
- If you struggle to talk, use email or texting means of communicating
- Remember GP's are open via phone and video calls
- Services are open and adapting to the current situation, even if they cannot see you face to face

In school:

Mrs Chibhaga
Sixth Form Team
Reverend Rachael
School Nurses
Wider welfare team and teachers

Ongoing mental health support:

Your GP
Counselling through school
Referrals to professional services

In an emergency situation:

Emergency Services
Safeguarding Leads at School
Social Services
Mental Health Crisis teams



Kent Social Services

03000 41 11 11 (Monday to Friday, 9am - 5pm)

03000 41 91 91 (outside of office hours - for emergencies only)

text relay 18001 03000 41 11 11

email: social.services@kent.gov.uk

East Sussex Social Services, Single Point of Advice (SPOA) team

01323 464222

Opening hours: Monday to Thursday 8.30am to 5pm, Friday 8.30am to 4.30pm

Emergency Services

999 or 111, or visit the nearest A&E Department

Samaritans

Freephone 116 123 (free even from mobiles without credit)

SHOUT

text 'Shout' to 85258 for 24/7 crisis text support

Papyrus (Hopeline) – for preventing Young Suicide

0800 068 41 41 or Text: 07786209697

Release The Pressure – open to anyone 16 years or older in Kent and Medway to provide confidential support in an emotional crisis or advice

Freephone 0800 107 0160

IN AN EMERGENCY OR CRISIS

MENTAL HEALTH RESOURCES

<p>NHS Community School Nursing Teams</p>	<p>Support for students with emotional wellbeing concerns, self-referrals available</p> <p>Kent https://www.kentcht.nhs.uk/service/school-health/ East Sussex https://www.kentcht.nhs.uk/service/school-health/school-health-service-east-sussex/</p>
<p>Chat Health</p>	<p>A confidential texting service for young people aged 11-19 in Kent. Young people can talk about stress, anxiety, depression and really anything they need emotional support in</p> <p>07520 618850 Mon to Fri 9am to 5pm</p>
<p>Kooth.com</p>	<p>Online counselling and support and resources for young people Monday – Friday 12pm – 10pm Saturday – Sunday 6pm – 10pm https://www.kooth.com/</p>
<p>Reachout Youth</p>	<p>Providing support to 13-19 year olds experiencing emotional or mental health difficulties.</p> <p>Offering:</p> <ul style="list-style-type: none"> • Weekly virtual peer support groups • One-to-one telephone support • Weekly support packs, including tips for managing wellbeing <p>More information can be found on facebook page https://www.facebook.com/MHReachoutYouth/ and website https://www.mentalhealthresource.org.uk/reach-out-youth</p>

RESOURCES CONT...

<p>The BeYou Project</p>	<p>The BeYou Project connects young people in Kent who are lesbian, gay, bisexual, trans, non-binary or are questioning their sexual orientation and / or gender identity.</p> <p>We offer a safe, welcoming and non-judgemental space where young LGBT+ people can meet to socialise, have fun and help each other.</p> <p>Support will be carried out over the phone or online using Zoom or WhatsApp instead of meeting face-to-face. The project can also support parents and carers with their questions, offering support and advice.</p> <p>Contact the team by email: beyou@porchlight.org.uk</p>
<p>CAMHS Resources (not contact for CAMHS services)</p>	<p>This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being</p> <p>https://www.camhs-resources.co.uk/</p>
<p>West Kent Mind</p>	<p>Resource for young people and families to gain support</p> <p>https://westkentmind.org.uk/</p> <p>Email: hello@westkentmind.org.uk</p> <p>01732 744950</p>
<p>Young Minds</p>	<p>Resource for young people and families to gain support</p> <p>https://youngminds.org.uk/</p> <p>Email: ymenquiries@youngminds.org.uk</p> <p>0808 802 5544 (9.30am-4pm Mon to Fri) Parents' helpline</p>
<p>Nacoa The National Association for Children of Alcoholics</p>	<p>Providing information, advice and support for everyone affected by a parent's drinking</p> <p>http://nacoa.org.uk/</p> <p>FREE Helpline 0800 358 3456</p>

Bereavement Resources

Jigsaw South East	<p>Information, advice and guidance to help and support bereaved children and young people and for those facing a loss of a loved one during the Coronavirus outbreak and beyond</p> <p>Contact us: www.jigsawsoutheast.org.uk / info@jigsawsoutheast.org.uk</p> <p>Covid-19 crisis Bereavement Helpline 01342 313895 9am - 12 noon, Monday - Friday, Calls out of these hours are monitored</p>
HoldingOn, Letting Go	<p>http://holdingonlettinggo.org.uk/ Email: info@holg.org.uk 03445611511</p>
Winston's Wish	<p>https://www.winstonswish.org/ Email: ask@winstonswish.org 08088 020 021</p>

StayAlive	A suicide prevention resource to support young people keeping safe in a crisis. You can also use this if you are worried about someone else considering suicide
Calm Harm	Helping to resist the urge to self-harm
A year in pixels	A way to rate emotions and feelings on a daily, weekly or monthly basis

Apps to download

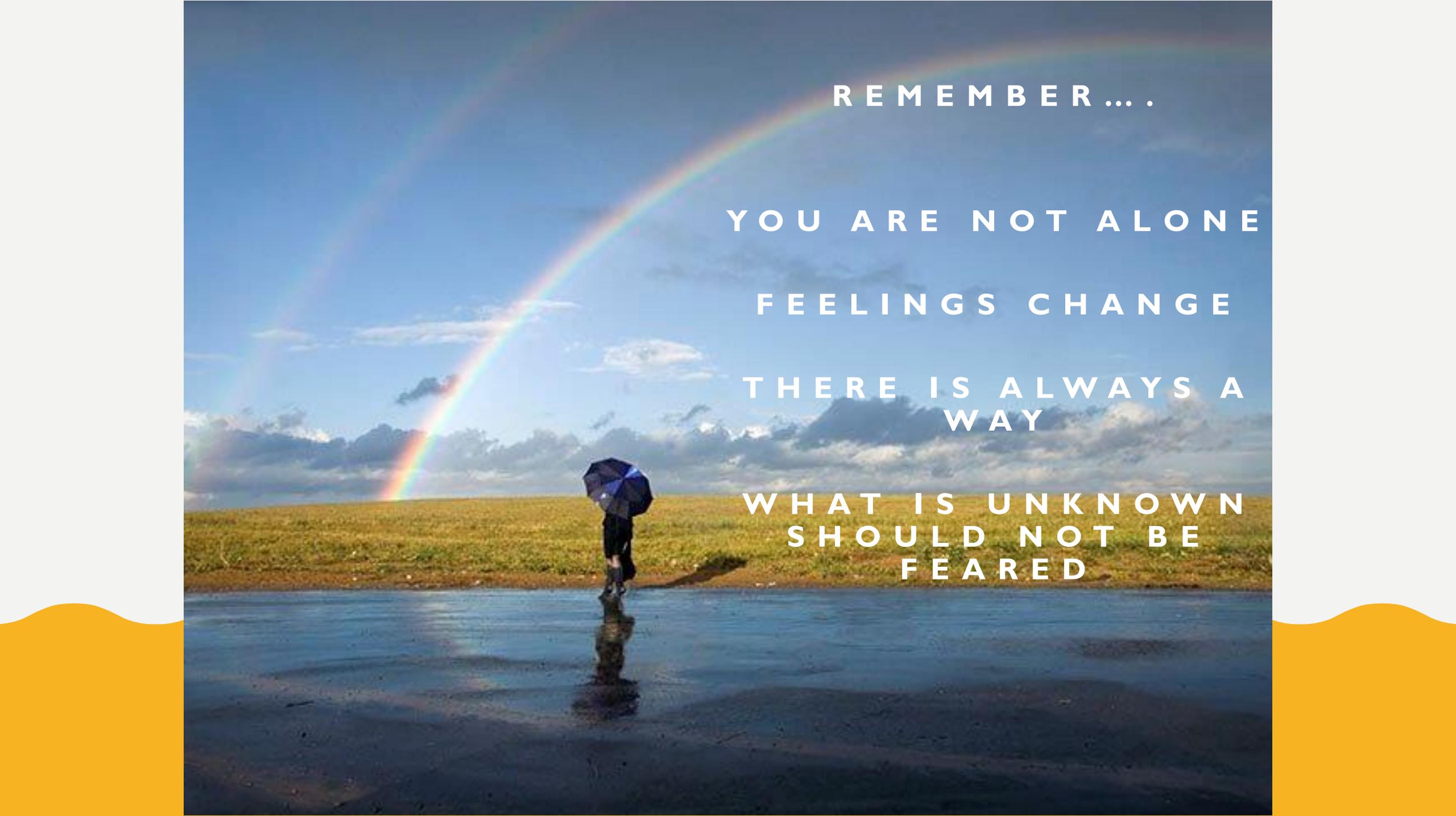
The future- what we know

The future holds many unknowns, but we are all in this together and we will get through it together.

What we know:

- Schools will eventually return and will do so safely
- Teachers will continue to educate throughout the duration of closure and beyond for those still at home
- All Year 12 students across the UK have been affected. Awarding bodies and policy makers know that this closure will have affected you all and will make decisions for your future based on this
- All Post-18 options are still available to you



A person wearing a dark coat and boots stands in a shallow puddle on a paved road. They are holding a dark umbrella. The puddle reflects the person and the umbrella. In the background, a vibrant rainbow arches across a blue sky with scattered white clouds. The ground is a mix of wet pavement and green grass. The overall scene is peaceful and hopeful.

REMEMBER

YOU ARE NOT ALONE

FEELINGS CHANGE

THERE IS ALWAYS A
WAY

WHAT IS UNKNOWN
SHOULD NOT BE
FEARED