

Mental Health Support Team's Anxiety resources for Westminster Schools

Dear schools and families,

We are passionate about delivering emotional wellbeing support for young people, children and families in Westminster schools. During this time of uncertainty, we are still here to provide support and help you to get through this.

Even with schools being mostly shut, our team continues to provide support to all those in need.

Our face-to-face, evidence-based support has now been replaced by support via Zoom, an online platform which allows face to face contact in the comfort and safety of people's home. We continue to build on our psychoeducation packs to raise awareness of mental health issues and fight stigma.

We encourage you to continue to send us referrals for any child or young person who you feel would benefit from our support. Please find attached the referral form and do not hesitate to contact us if you need any clarification.

We are aware that during this time, you may struggle with anxious thoughts or feelings. We have put together a few resources that can hopefully guide you through these turbulent times.

Remember, you are not alone!

Mental Health Support Team, Westminster



Resources for adults and teenagers

- Good Thinking website for adults looking for resources to support their mental health and wellbeing: <https://www.good-thinking.uk/>
- Advice for Parents and Guardians as well as schools dealing with school closures
<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>
https://search3.openobjects.com/mediamanager/biborough/directory/files/bre26b_school_closures_advice_web.pdf
- Blogs on the Young Minds website for young people on managing anxiety about the outbreak and self-isolating: <https://youngminds.org.uk/>
- Calm have released a set of free meditation/mindfulness exercises
https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720#meditations
- Online Yoga available from Indaba, Yogarise, Triyoga
- Online yoga and meditation with Wanderlust
https://tv.wanderlust.com/?_ga=2.43581221.1611366017.1584894529-7701916.1584894529
- Online gym
https://www.gymondo.com/en/?gclid=CjwKCAjwvOHZBRBoEiwA48i6AsnzEm_U6no0-3ZLS0RGtOK_zJbsRoHbkusDDnWeOW8tcA6NclLTBoCQd4QAvD_BwE
- Join the Westminster online library for free <https://www.westminster.gov.uk/how-do-i-join-a-library>
- Distract yourself by doing an online course and learning a new skill
<https://www.freecodecamp.org/news/here-are-380-ivy-league-courses-you-can-take-online-right-now-for-free-9b3ffcbd7b8c/>
- Do a free online art class <https://www.artsy.net/article/artsy-editorial-10-university-art-classes-free-online>

- Helpful online articles with tips on how to manage your anxiety during the coronavirus pandemic

<https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>

http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/stay-physically-active-during-self-quarantine/_recache#article

If you feel you would like to speak to someone and obtain any information, our information line will be running between 9:00 am-5:00 pm from Tuesday to Thursday. You can call on [07435929882](tel:07435929882)

Resources for children

- Covid-19 advice for children with SEND

[https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)

- Advice for parents helping children understand Covid-19

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

<https://www.mindheart.co/descargables>

- Activities for children to do at home

<https://mindup.org.uk/mindup-activities/>

- Cosmic Yoga Kids- website filled with activities and things to do whilst staying in

<https://www.cosmickids.com/category/watch/>

- Live- daily P.E lessons starting at 9:00am

<https://www.thebodycoach.com/blog/pe-with-joe-1254.htm>

If you are in crisis

If you are feeling at risk to yourself or to others, please stop, take a big breath in and contact one of these contacts below. You would not want to be making any permanent decisions around temporary feelings. There are many here who can help you:

- Samaritans call on 116 123
- <https://www.crisistextline.org/>
- Child line call on 0800 1111
- www.kooth.com
- Young Minds Crisis Messenger - Text YM to 85258
- SHOUT Crisis team: Text 'SHOUT' to '85258
- Papyrus HOPELINEUK (for all under 35) call on 0800 068 4141 or text 07860 039967

If all of the above is not possible or you feel very unsafe call 999

Other organizations providing support:

CYP:

- **Child line:** for counselling support call on 0800 1111 from 9am – midnight or speak to them online on www.childline.org.uk
- **Kooth** - Kooth is an online platform, where young people aged 11-25 can safely access free, anonymous support from trained counsellors, and from a community of peers. Visit: www.kooth.com
- **CAMHS** will continue to deliver support to children and young people. Where possible this will be done through online means or by phone. Westminster CAMHS Telephone: 020 3317 5999 or email: westminstercamhs.cnwl@nhs.net
- If you identify as male, you can call the **Campaign Against Living Miserably (CALM)** on 0800 58 58 58 (5pm–midnight every day) or use their webchat service.
- **Connexions (Westminster)**
Confidential advice and guidance to young people aged 13-19 (or up to 25 if you have

a learning disability) on a variety of issues including careers, employment, benefits, housing, training, education and health.

- Email: reachyourpotential@westminster.gov.uk
- If you identify as **gay, lesbian, bisexual or transgender**, you can call Switchboard on 0300 330 0630 (10am–10pm every day), email chris@switchboard.lgbt or use their webchat service. Phone operators all identify as LGBT+.
- **Shout** is a free and anonymous texting service for people going through a personal crisis. It can provide immediate help, anytime, anywhere. Txt SHOUT to 85258
www.giveusashout.org
- **The Mix (for all under 25)** is a free, confidential phone line, webchat and crisis text line, Tel: 0808 808 4994 or Text THEMIX to 85258
- Helping girls and women affected by **Domestic Violence and abuse**, call on 08088010660 and 02087417008 or visit <https://www.angelou.org/>

Adults:

- **Mind:** Infoline: 0300 123 3393 Email: info@mind.org.uk Text: 86463 9am to 6pm, Monday to Friday
- Reach Out offer **talking therapies** to adults who are experiencing anxiety or depression. The service is available to Westminster residents through the GP
- [CNWL Talking Therapies Service Westminster](#) offering **therapeutic support** available by telephoning on 030 3333 0000
- [Westminster Mind Counselling Services](#) offering **therapeutic support** available by telephoning on 020 7259 8134
- [The Connaught Square Practice](#) offering **therapeutic support** available by telephoning on 020 7402 4026
- The Listening Space offer **talking therapies** to adults over the phone or video, please visit <https://listeningplace.org.uk/about-us/> or contact 020 3906 7676
- **Maytree** offer support to all those experiencing hopeless thoughts contact 020 7263

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- **Sane Line:** If you wish to look at some mental health resources:
<http://www.sane.org.uk/resources>
- **Rethink Mental Illness:** 9:30am to 4pm Monday to Friday Call 0300 5000 927 This Advice Service offers practical help on issues such as the Mental Health Act, community care, welfare benefits, medication and carers' rights.
- **Young Minds Parents Helpline:** 0808 802 5544 (Available Mon-Fri from 9.30am to 4pm).
- **Kooth** – if you are a young adult aged up to 25, you can safely access free, anonymous support from trained counsellors, and from a community of peers. Visit:
www.kooth.com Monday-Friday: 12pm-10pm, Saturday-Sunday: 6pm-10pm.
- Helping girls and women affected by **Domestic Violence and abuse**, call on 08088010660 and 02087417008 or visit <https://www.angelou.org/>
- If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, call **Papyrus HOPELINEUK** on 0800 068 4141 or Text: 07860 039967 or Email: pat@papyrus-uk.org
- **The Mix (for all under 25)** is a free, confidential phone line, webchat and crisis text line, Tel: 0808 808 4994 or Text THEMIX to 85258
- **Shout** is a free and anonymous texting service for people going through a personal crisis. It can provide immediate help, anytime, anywhere. Txt SHOUT to 85258
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