



## [Health and Wellbeing](#) page: **Coronavirus Resources**

To support our students and their families, information and resources created to support children and young people during the coronavirus (COVID-19) outbreak have been listed below.

### **Virtual drop in services**

#### **Clued-Up Crowborough: a service for all young people**

Clued-Up offers free and confidential information, advice, support & help to young people 11-25. We can help you with a whole range of situations you may find yourself in. It's OK to talk! If you need an informal chat, we are here to listen and give you all the time you need.

Right through this pandemic we have been here for young people. We have sadly not been able to open our drop in, or run our groups, but we have been able to offer one-to-one meetings under strict COVID-secure conditions, and to talk to young people on the phone and by zoom. This will continue until we can resume our normal service.

Contact us by phone on 01892 661990 or email [cluedupinfo@gmail.com](mailto:cluedupinfo@gmail.com) for an appointment. You can find out more about what we offer and how we can help you by visiting our website:

<https://clued-up.info/>.

#### **East Sussex School Health virtual drop in service**

East Sussex School Health Services have extended opening times for their virtual drop in service with both daytime and evening sessions. The drop in is available to secondary/college aged young people and all parents/carers of children aged 4-19 years.

You can access the service online via <https://nhs.vc/east-sussex-school-health> or via text to 07507 332 473.

#### **Hastings i-Rock virtual drop in service**

The team at Hastings i-Rock are offering a virtual drop in and signposting service for young people aged 14-25 in East Sussex from 11am - 6pm on Mondays and Fridays.

Young people looking for advice or support with anything from mental health to finance can click on [this link](#) and be chatting to a project worker in minutes.

The link will enable you to talk by video, although you are welcome to turn your camera off and just speak or use the in-app text option. They can also offer a very limited amount of face to face appointments - please ask one of the team at [irockhastings@gmail.com](mailto:irockhastings@gmail.com) for details.

<https://nhs.vc/irock-service>

#### **YoungMinds Crisis Messenger text service**

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258.

We know that finding the right support is important, especially if you need someone to talk to right now. We aim to connect every texter to a trained volunteer promptly to provide crisis help. They will listen to you and help you think more clearly, enabling you to know that you can take the next step to feeling better.

It is free and confidential to text our service from the following major networks: EE, O2, Three and Vodafone.

These include - BT Mobile, Tesco Mobile, Virgin Mobile, iD Mobile, Sky, Telecom Plus, Lebara and GiffGaff. Some Android phones issue a warning that you will be charged for texting us, provided you are on one of these networks, this warning is incorrect and you will not be charged. If you text us from a network that is not on this list there is a possibility that you may be charged for the messages and that they may appear on your bill, this is because some networks do not provide the capability to message short codes.

For more information: <https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/#youngminds-crisis-messenger>

### **The Mix: Essential support for under 25s**

The Mix is a free and confidential multi-channel service. Whether you're 13, 25, or any age in between, the team at The Mix are here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts you have. They give you the information and support you need to deal with it all. Because you can. Because you're awesome.

You choose how you access support, without the worry of anyone else finding out. Whether it be through their [articles](#) and [video](#) content online or [phone](#), [email](#), [peer to peer](#) and [counselling services](#) – they put the control in your hands. You can even [volunteer](#) with them too.

- [The Mix: Get Support](#)
- [The Mix: Looking After Yourself](#)
- [The Mix: Sleeping](#)

### **More useful resources for young people and parents/carers:**

The Department for Education has created a [list of mental wellbeing resources](#) designed to provide guidance on how to support the wellbeing of children and young people being educated remotely.

East Sussex County Council has created a list of [activity ideas for children with special needs and disabilities](#).

### **Supporting your health and wellbeing: watch our staff pledge video**

Beacon Academy staff have been considering some of the small things they could do to make a difference to their health and wellbeing during the period of remote learning. [Watch this short film](#) produced for Children's Mental Health Week and Time to Talk Day to find out more.

### **Charlie Waller Trust**

One of the UK's leading mental health charities, the [Charlie Waller Trust](#), work to educate young people, and those with responsibility for them – parents, educators, employers, GPs and Practice Nurses - about their mental health and wellbeing.

They understand that when your child is suffering, parenthood can be a tough, lonely and frightening place. And when the cause of that suffering is hard to understand, as is so often the case with mental health, it becomes more difficult still.

[Find out more about their rapidly expanding Parent and Carer Programme here.](#)

### **Amaze: coronavirus and SEND**

Amaze is a charity that gives information, advice and support to families of children and young people with special educational needs and disabilities (SEND) in Brighton & Hove and Sussex. Their website has a new section all about [coronavirus and SEND](#) which aims to answer all your questions about education, health and wellbeing, social care, safety, money and more during the pandemic. There's also a section just for young people focusing on their needs and worries.

### **East Sussex Parent Carer Forum**

Did you know? Any East Sussex parent or carer with a child with any special educational needs or disabilities (a formal diagnosis is not necessary) is eligible to join the East Sussex Parent Carer Forum.

The role of the forum is to represent their views and experiences to decision-makers in the local authority, Clinical Commissioning Groups and other organisations.

To find out more about becoming a member, share your views and make contact with other parents and carers with similar experiences, visit <https://www.espcf.org.uk/>

### **Young Minds**

The last year has been extra stressful, especially for parents and carers. As we enter another lockdown over the first two months of 2021, it is normal and entirely understandable if you are feeling overwhelmed frustrated, worried or exhausted about the situation.

You might be finding it harder than ever at the moment to know how to best look after your child's mental health and wellbeing, as well as your own. If you are struggling, you are not alone. We have advice and tips that can really help.

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

### **Free course for parents and carers: Psychological First Aid supporting children and young people**

This [free online course for adults](#) has been shared with us and we thought it could be of interest to some of our parents and carers. The course has been produced by Public Health England, working with a wide range of experts and organisations and aims to help participants to support children and young people's mental health during emergencies and crisis situations.

### **Looking after your eyes, body and mind when using screens**

[Beacon House](#) have produced a brilliant series of graphics with ideas to help people of all ages look after their eyes, body and mind when using screens. [You can view and download the resource here.](#)

### **Every Mind Matters: now, more than ever**

Public Health England have launched a new campaign to support people to manage their mental wellbeing during this difficult time. For simple tips and expert advice on maintaining your mental wellbeing during the coronavirus (COVID-19) outbreak, visit <https://www.nhs.uk/oneyou/every-mind-matters/>

Click on the following link for information and advice supporting [mental health and self-care for young people](#).

Further resources to support children and young people can be found at <https://www.nhs.uk/oneyou/every-mind-matters/looking-after-children-and-young-people-during-coronavirus-covid-19-outbreak/>

### **Advice and support from the NSPCC**

The NSPCC has created a number of resources to support parents and carers during this difficult time. Topics include:

- Talking to a child worried about coronavirus
- Parents working from home
- Children staying home alone
- Lockdown and separated parents
- How to cope with tantrums and other difficult behaviour

The advice can be found on the [NSPCC website](#).

### **CAMHS Resources**

[This website supporting CAMHS](#) (Child and Adolescent Mental Health Services) lists resources designed to help young people and families cope with such stress and uncertainty. There is a dedicated page supporting wellbeing during the coronavirus outbreak.

### **NHS Health at Home**

The coronavirus (COVID-19) outbreak means you should only leave your home if it's essential, but it's still easy to get NHS help using your smartphone, tablet or computer. Visit the [NHS Health at Home](#) page for information to help you to contact your GP, order repeat prescriptions, manage wellbeing and long-term conditions without leaving your home.

### **British Red Cross**

Over the coming weeks the [British Red Cross](#) will be sharing a set of free and engaging online activities for children and young people (aged 7 to 18) to do at home during the coronavirus lockdown which explore and promote the value of kindness. Parents and carers can [sign up here](#) to receive the new weekly resources when they are released.

### **Tunbridge Wells and District Samaritans**

The Samaritans continues to offer a 24//7 telephone and email service for anyone, of any age, who just needs someone to listen, with sympathy and understanding. Call the freephone number, 116123, or email [jo@samaritans.org](mailto:jo@samaritans.org).

### **Kent County Council: release the pressure**

24-hour support available via text. Text the word Kent to 85258 to start a conversation with a highly trained and experienced volunteer. Texts are free from most UK mobile networks. Visit the [website](#) to find out more.

### **E-Wellbeing from YMCA Downslink Group**

[E-wellbeing](#) is a digital wellbeing service for young people in Sussex and Surrey run by YMCA Downslink Group. Their aim is for all young people to be able to access the right support and information around their emotional health and wellbeing, in the right place at a time that is right for them.

## SmilingMind

[SmilingMind](#): a daily mindfulness and meditation guide at your fingertips.

## Online gaming and mental health

[This guide contains top tips for making resilient moves when computer gaming](#) and helps us to understand the positives of gaming, while learning how to manage use and protect young people from risk.

## East Sussex County Council

If you live anywhere in East Sussex and need online support, the [free counselling service, E-motion](#) are still fully operational. They can put you in touch with your own online counsellor who will support you via email.

The Children's Services team at East Sussex County Council have produced the below information and support booklets for families:

### [East Sussex County Council: Whole Family eBulletin 26.02.21](#)

The above edition contains information about Family First Aid Training and opportunities to take part in a fantastic programme of online and in-house community cookery activities for anyone wanting to improve their cookery skills, connect with others and look after their health.

### [East Sussex County Council: Whole Family eBulletin 07.09.20](#)

The above edition contains useful information for children and families to support the return to school.

### [East Sussex County Council: Whole Family eBulletin 02.06.20](#)

The above edition contains information and support relating to the following:

- Access for benefits and support information via WhatsApp
- A new helpline for parents/carers of children with SEND
- Domestic abuse online support
- Intergenerational mediation with Time to Talk
- Therapeutic and parenting support for dads
- Online short course learning opportunities
- Online support for new mums
- Fun ideas and inspiration for parents looking after their children at home

### [East Sussex County Council: Whole Family eBulletin 09.04.20](#)

Key points covered within the above edition are:

- Information on Southern Water bills
- Parenting support and resources
- Support for home schooling
- Support for young people and children

[East Sussex Community Hubs](#) are now working across the district and borough areas to help people who feel they may not be able to manage because of isolation or an existing health condition. Community hubs are the contact point that residents of East Sussex can turn to if they feel they

need extra support in coping with the effects of coronavirus or if they know someone else who needs help.

Click on the document below to view our resource compiled to support students and their families during the coronavirus outbreak:

- [Supporting student wellbeing during the coronavirus outbreak](#)
- [How to talk to children about COVID-19: Sussex Partnership NHS Flourishing Families letter](#)

### **A Parent's Guide to Black Lives Matter**

Over the last several months, much has happened to raise awareness for systemic racism and its lasting impacts. We understand that it can be difficult to know how to talk about topics such as inequality and racism, or even how to begin such conversations. If you would like support or useful resources to guide you in how best to talk to young people at home about the Black Lives Movement, you may find the document below, created and provided by [Yoopies](#), helpful.

[A Parent's Guide to Black Lives Matter](#)