



Looking after your mind as well as your body is really important. At the moment, because of the coronavirus (COVID-19) pandemic, we are all dealing with a lot of uncertainty and frustration. It's easy to feel a bit overwhelmed and worried by everything you're hearing about COVID-19, and that's completely normal.

There are resources available to help children and young people look after their mental health. In this guide we list some of the best self-help websites and apps out there – they are all free and trustworthy. If you do need more help, you are not alone – we've included information about a range of national helplines and local services that you can turn to.

### Helpful websites – coronavirus and mental health

A number of organisations have published guidance on mental health considerations relating to the coronavirus outbreak.

YoungMinds	Lots of tips and information on looking after your mental health while you're self-isolating or practicing social distancing.	<a href="#">click here</a>
	What to do if you are feeling anxious at the moment.	<a href="#">click here</a>
Childline	Tips on how to cope during lockdown and help for if you are worried.	<a href="#">click here</a>
The Children's Society	Support if you are struggling with any aspect of your mental health during the COVID-19 crisis.	<a href="#">click here</a>

### Helpful websites – mental health in general

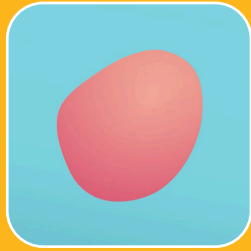
These resources are not specifically about the COVID-19 pandemic, but contain lots of good tips on looking after your mental health that you can try out straight away. Hopefully you'll continue to use them after the coronavirus crisis is over.

Anna Freud	A complete A-Z of strategies and activities to help you look after your emotional wellbeing.	<a href="#">click here</a>
YoungMinds	Information about coping with mental health issues, including feelings and symptoms, looking after yourself and how to get help.	<a href="#">click here</a>
The Children's Society's mental and emotional health resource vault	Full of age-specific advice on issues that may be worrying children and young people.	<a href="#">click here</a>
Childline's Calm Zone	Features lots of breathing exercises, activities, games and videos to help you let go of stress.	<a href="#">click here</a>

Always make sure to keep yourself safe whilst online.  
Visit [www.saferinternet.org.uk](http://www.saferinternet.org.uk) and [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) for more information.

# Self-help mental health apps

There are plenty of excellent apps that can help with managing your emotional wellbeing and mental health – here are some suggestions to get you started. Although these apps can be useful, they are not a replacement for seeking professional advice or support. If you have concerns about any symptoms you are experiencing see the sections on confidential national helplines and local services below.



## Cove

Create music that reflects your mood to help you express how you're feeling

Cost: Free Age: 4 +



## Catch It

Learn to manage negative thoughts and look at problems differently

Cost: Free Age: 12 +



## WorryTree

Record, manage and problem solve your worries with this easy-to-use app

Cost: Free Age: 4 +  
(contains in-app purchases)



## ThinkNinja

Skills to help you deal with anxiety and low mood and feel healthier and happier

Cost: Free\* Age: 11-18  
(\*Free until end of July 2020)



## eQuoo

Use choose-your-own adventure games to improve your emotional fitness

Cost: Free Age: 12 +  
(contains in-app purchases)



## Stress & Anxiety Companion

Breathing exercises, relaxing music and games to help calm your mind and reframe negative thoughts

Cost: Free Age: 4 +  
(contains in-app purchases)



## Calm Harm

A password-protected app that helps you resist or manage the urge to self-harm

Cost: Free Age: 12 +



## Chill Panda

Use breathing techniques to help you relax more, worry less and feel better

Cost: Free Age: 6 +



## Thrive

Use games to track your mood and learn how to take control of your stress and anxiety

Cost: Free Age: 12 +



## MeeTwo

A safe forum for young people to share experiences and ask advice anonymously

Cost: Free Age: 13 +



Whilst all of the apps listed here are free to download, please be aware that some include extra in-app purchase options.

## National helplines

Here is a list of national helplines where you can go if you're looking for additional support or information. You can talk to someone who is trained to listen and support you over the phone or by text, webchat or email. All these services are free and confidential and won't show on your phone bill.

### The Mix

call: 0808 808 4994  
visit: [www.themix.org.uk](http://www.themix.org.uk)  
email: [click here](#)

Offers a phone helpline and one-to-one webchat service; both are open every day 4pm to 11pm. The Mix also provide an email service (they aim to respond to emails within 24 hours) and up to eight telephone counselling sessions for anyone under 25.

### Childline

call: 0800 11 11  
visit: [www.childline.org.uk](http://www.childline.org.uk)  
email: [click here](#)

Anyone aged 19 or under can speak to a Childline counsellor by phone or online about anything that is worrying them. At the moment, due to the coronavirus, the phone helpline and one-to-one webchat service are open from 9am to midnight every day (for a counsellor webchat, you need to join the queue before 10.30pm). You can also login on the Childline website to send an email and a counsellor will try to reply within 24 hours.



### Papyrus HOPELINEUK

call: 0800 068 41 41  
visit: [www.papyrus-uk.org](http://www.papyrus-uk.org)  
text: 07786 209697  
email: [click here](#)

Confidential advice for under-35s at risk of suicide and others who are concerned about them. Advisors are trained to provide help focused on staying safe from suicide. Opening hours for the phone helpline and text service are 9am–10pm on weekdays and 2pm–10pm on weekends and bank holidays.

### Samaritans

call: 116 123  
visit: [www.samaritans.org](http://www.samaritans.org)  
email: [click here](#)

The phone helpline provides 24/7 emotional support for anyone feeling down, experiencing distress or struggling to cope. There is also an email service (they aim to respond to emails within 24 hours).

### Shout

visit: [www.giveusashout.org](http://www.giveusashout.org)  
text: Text SHOUT to 85258

The UK's 24/7 text service for anyone in crisis, anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

## Local services

Across East Berkshire a range of organisations offer support and treatment for children and young people experiencing mental health difficulties.

During the coronavirus (COVID-19) crisis, our providers are doing everything they can to keep services running while also keeping everyone safe.

You can still get help if you need it, even though some services may be delivered differently, for example by phone or video link.



**Youth counselling services** - Counselling is about sharing your thoughts and feelings with a trained counsellor in a safe and confidential setting.

### Berkshire Healthcare Children and Adolescent Mental Health Services (CAMHS)

[click here](#)

CAMHS provide support for children and young people whose difficulties are very distressing and who are registered with a GP in East Berkshire. You can be referred to CAMHS by your parents, teacher, social worker or GP. If you are over the age of 16, you can refer yourself.

For all new referrals, please complete the [online referral](#) form for our Children, Young People and Families (CYPF) HealthHub.

If you want to talk to someone about whether CAMHS is the right service to help, or if you are having extreme mental health difficulties and need support urgently, call the team on 0300 365 1234, 8.00am-8.00pm Monday to Friday. Outside of these hours, if you need urgent help, please contact the adult crisis team on 0300 365 0300.

If you are already receiving treatment from CAMHS, someone from the relevant team will let you know if your treatment needs to continue in a different form at the moment, for example by phone or video link. If you are waiting to hear about your first appointment and things are getting worse or you are worried that you haven't heard, please phone 0300 365 1234.

### Number 22

call: 01628 636661  
visit: [www.number22.org](http://www.number22.org)  
enquiries: [click here](#)

For young people aged 11+

Available if you live and/or go to school in Slough or the Royal Borough of Windsor and Maidenhead

### Youthline

call: 01344 311200  
visit: [www.youthlineuk.com](http://www.youthlineuk.com)  
email: [click here](#)

For young people aged 11+

Available if you live and/or go to school in Bracknell Forest

### Kooth

visit: [www.kooth.com](http://www.kooth.com)

For young people aged 11-18\*

Available if you live and/or go to school in Slough, Royal Borough of Windsor and Maidenhead or Bracknell Forest. Free, safe and anonymous online support. Live webchats with a qualified counsellor are available 12 noon-10pm on Monday to Friday and 6pm-10pm at the weekend. Kooth also has live forums, information and advice.

\*Up to age 25 if you have special educational needs and/or are a care leaver

If you need urgent help call Berkshire Healthcare CAMHS on **0300 365 1234** between 8am and 8pm, Monday to Friday. Outside these hours call **0300 365 0300**.