

Staying Strong

Look after yourself

- Make time to do something for yourself every day. This may of course be with your friends and family. You have spent so much of your day looking after other people
- Don't be afraid to ask for help if you are struggling. Lots of people will be feeling the same way as you
- Look for moments every day, where you connect with someone, share something, promote peer support or enjoy something with a friend or family member - this could simply be a text message or a phone call

<https://www.nhs.uk/oneyou/every-mind-matters/>

Helping children:

<https://www.mentallyhealthyschools.org.uk/>

<https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/coronavirus-wellbeing-activity-ideas-for-schools/>

<https://www.nhs.uk/oneyou/every-mind-matters/looking-after-children-and-young-people-during-coronavirus-covid-19-outbreak/>

<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>

<https://www.annafreud.org/coronavirus-support/coronavirus/>

TELEPHONE SUPPORT LINE

Now open to education staff and parents/carers
Weekdays: 9.30am - 12.30pm and 1.00pm - 4.00pm

Hampshire & Isle of Wight Educational Psychology are running a confidential telephone support line for education staff and parents, to talk about any concerns they may have about the emotional wellbeing of children and young people.

To get in touch, call the number for your local area:

ISLE OF WIGHT.....	02392 441497
NORTH (Basingstoke & North Test Valley).....	01252 814835
SOUTH (Fareham, Gosport & Havant).....	02392 441497
EAST (East Hants, Rushmoor & Hart).....	01252 814729
WEST (Winchester, Eastleigh, New Forest & South Test Valley)....	01962 876239



www.hants.gov.uk/educational-psychology

