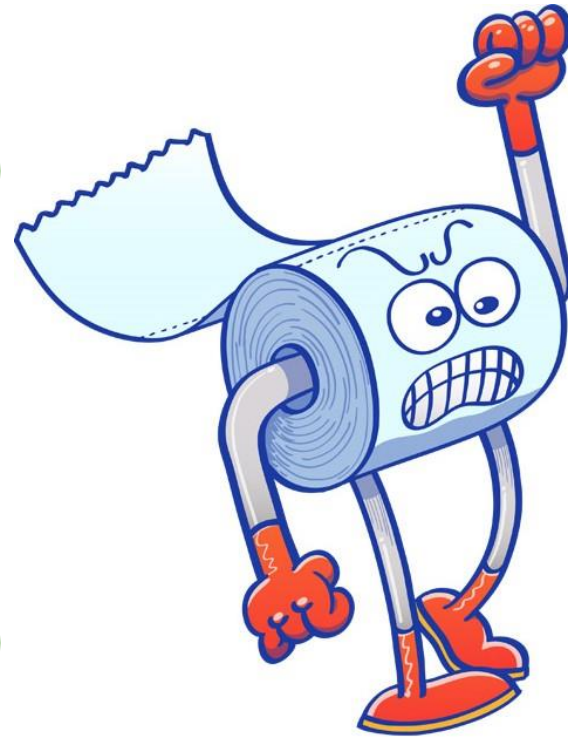


CHILDREN AND YOUNG PEOPLE'S SURVEY ON MENTAL HEALTH AND WELLBEING IN RELATION TO CORONAVIRUS (MARCH 2020)

Feedback from children and
young people and
Hertfordshire's response



We asked children and young people from across Hertfordshire what was worrying them.

This is what they told us and what we have found or done in response.



Young people are worried about what will happen about exams, grades and university



Here are some relevant articles on [KOOOTH.com](https://www.kooth.com) that may help ...

- Studying from home
- For Young People Staying at School: vulnerable young people, young people with additional needs
- How Coronavirus Impacts University Students - coming soon



Young people are worried about the health of friends and family in relation to the pandemic

- Chat Health is the school nurse text messaging service for all secondary school aged pupils in Hertfordshire. It is a confidential service and available **Monday to Friday from 9am to 5pm**. Young people can message for advice on all kinds of health issues. The text number is: **07480 635050**
- There is a section on managing anxiety on the [JUST TALK WEBSITE](#)
- Just Talk is a multi-agency campaign, steered by young people and coordinated by the Public Health team at Hertfordshire County Council. There is a dedicated 'looking after your mental health during coronavirus' page. This is frequently updated so **KEEP CHECKING!**

Young people are worried about the impact of being in lockdown: loneliness, boredom, confinement, loss of routine, conflict in the family



Here are some relevant links on [KOOOTH.com](https://www.kooth.com) that may help ...

- Safety Tips for Isolation
- The Benefits of Being Indoors
- Kooth's feelgood flicks
- Books to Read while Staying at Home-coming soon
- Goodbye Writing Challenge: saying goodbye to friends at school, bereavement, changes
- Playlist to Get You Through the Pandemic
- Weird & Wonderful educational series – coming soon
- Audio relaxation – coming soon
- How To: Cope with Change
- Creating a healthy routine
- When life is tough at home
- Tackling discrimination during coronavirus
- Homebound hobbies
- Apps to help isolation and relaxation



Young people are worried about existing mental health problems getting worse and the impact on existing challenges – part 1.

- A [general signposting guide](#) has been produced and sent to schools. It is a reminder that if you are currently receiving support from a service or have been recently discharged you **can** contact the service if you are struggling with your mental health. Most services have a duty line which you can find by looking on a letter they have sent you. You can also try the other suggestions in the signposting guide.
- **CHILDLINE:** If you're under 19 you can confidentially call, email or chat online about any problem big or small.

Freephone 24h helpline: **0800 1111**



Young people are worried about existing mental health problems getting worse and the impact on existing challenges – part 2

- If you are having a Mental Health Crisis:
9am-5pm call [0300 777 0707](tel:03007770707) or 5pm-9am call [01438 843322](tel:01438843322) to speak to our local mental health service.
- If you need medical intervention or in an emergency go to your nearest Accident and Emergency department or call 999.
- [YOUNG MINDS Crisis Messenger](#) provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258



Young people are worried about existing mental health problems getting worse and the impact on existing challenges – part 3

Some relevant articles on [KOOOTH.com](https://www.kooth.com) that may help ...

- Managing your mental health in isolation
- How Coronavirus Impacts Eating Disorders
- How Coronavirus Impacts Obsessive Compulsive Disorder – coming soon
- 10 Ways We Can Manage Coronavirus Panic
- Expressing yourself while in isolation – coming soon
- How coronavirus impacts young people in care
- When life is tough at home
- Managing as a Young Carer in Lockdown - coming soon

Young people are worried about their weight, healthy eating and exercise during lockdown - part 1



- Indoor (and garden) physical activity ideas are being promoted on the [JUST TALK WEBSITE](#) and via social media, linked to the 'Be Active' way to wellbeing.
- Particularly it links to the useful information on Herts Sports Partnership's website and the 'This Girl Can' indoor activity programme
- Free online physical activity offers e.g. Joe Wicks.

Young people are worried about their weight, healthy eating and exercise during lockdown – part 2



Some relevant articles on [KOOOTH.com](https://www.kooth.com):

- Benefits of Gardening You May Not Know
- The Basics of Yoga
- Yoga as Therapy
- How to Stay Active While Keeping Indoors – coming soon!
- Affordable and creative cooking



Young people wanted to find accurate information about coronavirus

- This is a reliable source of information:
<https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>
- There are also a number of guides and stories for explaining coronavirus to all ages of children and young people in the ‘Talking to Children about Covid 19’ section of the [JUST TALK WEBSITE](#)

Young people wanted to know about activities and strategies to look after their wellbeing - part 1



- There is a 5 Ways to Wellbeing checklist for children and young people of all ages in the Keeping Well at Home section of the [JUST TALK WEBSITE](#)
- [KOOOTH.com](#) includes goal setting tools and a digital journal. Also some relevant articles are ...
 - Self Care Matters!
 - Kooth's Self Care Alphabet
 - Creating Your Own Self Care Box
- ThinkNinja app: As a direct response to the COVID-19 situation, [HEALIOS](#) have updated ThinkNinja with specific COVID-19 content. For children and young people (10-18 years old) who may be experiencing increased anxiety and stress at this time.

Young people wanted to know about activities and strategies to look after their wellbeing – part 2



- Herts Mind Network are delivering workshops online over the next few months. There are some for families which young people and / or their families can watch online.
You can view the calendar and booking information for Eventbrite [HERE](#).
There are sessions on ‘The Five Ways to Wellbeing’ and ‘An Introduction to Mental Health’.
- The OLLIE Foundation are also delivering workshops online. You can view the schedule [HERE](#).
Some of the courses are suitable for teenagers such as ‘Keeping safe and carrying on for Teens’ and ‘Goalsetting for Teens’.
- Alternatively, 15-18 year olds can enrol on a 4 week [‘Wellbeing through Learning’](#) course covering various topics, e.g. Anxiety, Building Confidence.



Young people wanted access to online and telephone based support – part 1

- Herts Mind Network have launched a new early intervention and prevention helpline for children and young people aged 10-17 in Herts. The helpline will provide a safe, non-judgemental space to talk to a Young People Advisor or Mentor who will provide emotional support, advice and information and discuss coping strategies. For opening hours and more information see [HERE](#). Helpline number is **01923 256391**.
- Herts Mind Network have an online 'meeting place' – virtual drop ins for **YOUNG PEOPLE** to meet and talk to other young people which is monitored by staff
- Herts Mind Network have created an online 'meeting place' specifically for **CARE LEAVERS** during the coronavirus pandemic.



Young people wanted access to online and telephone based support- part 2

- Chat Health is the school nurse text messaging service for all secondary school aged pupils in Hertfordshire.
It is a confidential service and available **Monday to Friday from 9am to 5pm.**
Young people can message for advice on all kinds of health issues.
The text number is: **07480 635050.**
- Most services are moving their support to telephone and online platforms. There are also plans to increase access to Cognitive Behavioural Therapy based programmes through an online platform.
- **KOOTH.com** is an online counselling service for anyone aged 10-25 in Hertfordshire.
You can access a chat / messenger service and discussion boards.
The website is moderated by trained professionals. You need to register but it is anonymous.

Young people wanted to find information through trusted websites, their school, youth worker, family and trusted social media – part 1



- Partners in Hertfordshire are sharing all their resources to be kept on the [JUST TALK WEBSITE](#) so we can keep everything together and you can find everything you need in one place
- Although face-to-face work is currently suspended at YC Hertfordshire, you can still contact a Youth Worker or Personal Adviser by calling **0300 123 7538** or emailing yc@hertfordshire.gov.uk. YC Hertfordshire are running groups virtually via teams that young people aged 13-17 can access. More information about the support provided can be found on the [YC Hertfordshire website](#).
- We are also providing resources to Mental Health Leads in schools via the [Healthy Young Minds in Herts](#) website and keeping them updated on where they can get extra advice and support

Young people wanted to find information through trusted websites, their school, youth worker, family and trusted social media – part 2



- Information for parents and carers is being disseminated in a number of ways including the [JUST TALK WEBSITE](#) and via family centres and schools.
- The Hertfordshire Public Health Team have a social media campaign planned to focus on children and young people's mental health and wellbeing in relation to coronavirus.