

# EMOTIONAL WELLBEING YOUNG PEOPLE

Reintegrating back to school life can be a challenge at any time but that demand is even higher during the current climate of uncertainty and change. Below we have gathered resources that should support you to support young people. The resources can support your conversations with young people.

## NEED TO TALK TO SOMEONE?



offer online support and counselling for ages: 10 – 16.

[Text-based conversations](#) with counsellors available from 12 noon to 10.00pm.

[BIG WHITE WALL](#) offer online support for 16 – 25 year olds. 24H, 365 days a year.

[NHS CHATHEALTH](#) is a confidential texting service for young people aged 11 – 19. Young people can text the school health team about any concerns or health issues on: 07520 618850.

### [YOUTH SERVICES ONLINE](#)

See what's happening across Kent for young people or talk to a youth worker about anything you're struggling with.



A place where young people can learn how to look after their [emotional and mental health](#).

**ask** provide [free, impartial and confidential information](#), advice and support about special educational needs and disabilities (SEND) for children, young people up to age 25, parents and carers.



We're [Mind](#). We understand mental health and wellbeing. We're here if you need us for support or advice. We help everyone understand mental health problems, so no one has to feel alone.

[Read our information about supporting a friend](#)

[Read our information on looking after your well-being](#)

[Read our information on understanding your feelings](#)

[Read our information about visiting your GP](#)

[Read our guide on moving to adult services](#)

It can be easy to rush through life without stopping to notice much. By paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

**EVERY MIND MATTERS** - [progressive muscle relaxation](#)

**HEADSPACE** – Sunday Scaries – [Take a Mindful Walk](#)

**HEADSPACE** – Sunday Scaries – [A Mini-Meditation on Self-Care](#)

**HEADSPACE** – Sunday Scaries – [A Mini-Meditation for our Wellbeing this week](#)

**HEADSPACE** – [STRESSED?](#) – Learn to reframe stressful situations with this short meditation.

# YOUNGMINDS

offer advice and guidance if you are struggling with isolation and Corona Virus



You can [contact Childline](#) about anything. Whatever your worry, it's better out than in. We're here to support you.



## RELEASE THE PRESSURE

have a highly trained and experienced team available 24/7 to provide support no matter what you're going through.

## KENT TOGETHER

hosts a 24 HOUR HELPLINE and is available on:  
**03000 419292.**

This supports vulnerable people in Kent who need urgent help, supplies or medication. KCC, NHS, Emergency Services and Partners provide a single point of contact for anyone in need of help during Covid19.

Deaf British Sign Language users can text our Sensory Services team on 07920 157 315 for help making a request.

we are  
withyou

[WE ARE WITH YOU](#) offers a resource pack to help support young people with low level substance misuse or mental health issues. Contact via: 01795 500881, [yadmin@wearewithyou.org.uk](mailto:yadmin@wearewithyou.org.uk) or their webchat at [www.wearewithyou.org.uk](http://www.wearewithyou.org.uk).



For confidential suicide prevention advice contact [HOPELINEUK](#) or 0800 068 4141.

**selfharm** UK

[free online](#) self harm support for 14 – 19 year olds.

[MINDED](#) is a free educational resource on children and young people's mental health for all adults.

[MINDS ACTION CHILDREN](#) – a resource that helps children manage life's ups and downs.

[ANNA FREUD CENTRE](#) – podcasts to help family mental health.

[COVIBOOK](#) – An interactive resource designed to support and reassure children under 7 to explain and draw their emotions.

[NHS – EVERY MIND MATTERS](#) - Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.

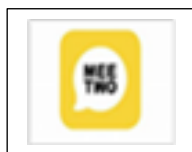
[INTERNET MATTERS](#) – access to resources and apps to assist learning and well being.

People may be exposed to fake news and propaganda about the causes of Covid19. Many of these may look to blame a specific minority group and incite hate crime. [Let's talk about it](#)



**educate.against.hate**

and [Educate Against Hate](#) offer free resources and advice to assist in building resilience against messages of hate crime.



[MEETWO](#) offers a safe social media solution to improve wellbeing. Via an app, it provides peer support, expert help, inbuilt educational and creative resources as well as in app links to UK charities and helplines.



Provides a Counselling service for 10 – 16 year olds which operates [via text](#).

## PARENTAL CONFLICT

### SEE IT DIFFERENTLY

‘EVERYONE ARGUES  
BUT NOT EVERYONE  
ARGUES WELL’

[WWW.SEEITDIFFERENTLY.ORG/](http://WWW.SEEITDIFFERENTLY.ORG/) is run by  
childline:

If you're under the age  
of 19 and you'd like to  
talk to someone,  
consider giving  
[CHILDLINE](http://CHILDLINE) a call on:  
0800 1111  
or get in touch online at  
[childline.org.uk](http://childline.org.uk). It's  
completely confidential  
and you don't even  
need to give your name  
if you don't want to.

These videos give an  
insight into their work:

[Maddie's story](#)  
[Mahmoud's story](#)  
[Jag's story](#)  
[Chloe's story](#)



[The Mix](#) is here to help  
you take on any  
challenge you're facing -  
from mental health to  
money, from  
homelessness to finding  
a job, from break-ups to  
drugs. Talk to us via  
[online](#), social media or  
our free, confidential  
helpline: **0808 808 4994**

## SUPPORT WITH RELATIONSHIPS

[BARNARDO'S](#) provide the [BeFree](#) service which provides 1-1 or  
group support (delivered virtually during social-distancing  
restrictions) for 10 - 16 year old young women and those who  
present as trans or gender variant. The service is for those who  
have been exposed to adversities including sexual exploitation,  
coercive and abusive relationships and familial domestic abuse.  
Referrals can be made at:

[www.barnardos.org.uk/what-we-do/services/befree-positive-relationships](http://www.barnardos.org.uk/what-we-do/services/befree-positive-relationships)

Telephone: 01892 511468

Email: [befree@barnardos.org.uk](mailto:befree@barnardos.org.uk)



[RISING SUN](#) - adolescent boys  
aged between 14 and 16 years  
who may have been affected  
by domestic abuse, either in  
the family or in their own  
relationships, are socially  
isolated and presenting with  
behaviours linked to trauma  
Referrals can be made [here](#).  
Telephone: 0800 567 7699.

Email:

[referrals@risingsunkent.com](mailto:referrals@risingsunkent.com)

## YOUNG CARERS

A young carer becomes  
vulnerable when the level of care  
given becomes excessive or  
inappropriate for that child,  
risking impacts on his or her  
emotional or physical well-being,  
educational achievement or life  
chances. This will have been  
exacerbated by the lockdown.

Supporting young carers in  
schools:

[TOOLKIT for young carers](#)  
[Contact Imago](#)



[BEYOUPROJECT](#): connects  
young people in Kent who are  
lesbian, gay, bisexual, trans,  
non-binary or are questioning  
their sexual orientation and / or  
gender identity. A safe,  
welcoming and non-  
judgemental space where  
young LGBT+ people can meet  
to have fun, socialise and help  
each other.

Teachers or professionals can  
refer young people to this  
project [here](#).

Telephone: 0800 567 7699

Email:

[beyou@porchlight.org.uk](mailto:beyou@porchlight.org.uk)

## LINKS TO OTHER RESOURCES SUPPORTING EMOTIONAL WELLBEING

[Staff Wellbeing](#)

[Emotional Wellbeing Vulnerable  
Pupils](#)

[CYP Kent Emotional Wellbeing  
flow chart](#)

[Emotional Wellbeing Schools,  
including universal and  
transitions](#)

[Emotional Wellbeing Support for  
Primary School Aged Children  
Practical Resources for parents  
and carers](#)

[Practical and Emotional  
Wellbeing Support Following  
Bereavement](#)

[Emotional Wellbeing – Highly  
Anxious Students](#)