

# Self-isolation Support Pack

During this difficult period, it is understandable that families may be struggling with self-isolation. This could cause an increase in levels of stress, tension within the home and anxiety for some people.

This support pack has been created for all young people within our service to help them cope with this increasingly challenging time. It includes advice, online resources and other information that young people within our service might find helpful.

**If you are in need of emergency help for your own safety please call 999 for police help.**

**If you are worried about your health due to the coronavirus, please visit the NHS website for a full list of symptoms.**

**If you think you have symptoms of coronavirus, visit the NHS 111 online service. If you are unable to get online help then please call 111.**

# How to make self-isolation easier

## Continue to access treatment and support if possible

For some people, treatment has been put on hold, but you are still able to call the team if you need support and advice



## Plan your days

Normal routine may be disrupted due to self-isolation and this can be stressful. Try and create a new routine by writing down how you want to spend your day and make sure you include things you enjoy doing.

Set yourself small, daily achievable goals, even if it's something as simple as getting up and getting dressed



## Do something you enjoy

Read a new book, watch your favourite movie, get involved with a new hobby

## Stay Connected

Make sure you keep in contact with your friends and family via phone conversations or through video chats using Skype/Facetime/WhatsApp etc

## Eat well and stay hydrated

Try to make sure you're eating and drinking healthily and regularly



If you need inspiration for things to do while in self-isolation, take a look at;

<https://www.holytrinity.leeds.sch.uk/wp-content/uploads/2020/03/100-Things-to-do-indoors.jpg>

# Online resources and apps

## Websites for Young children

Coping Skills for Kids	<a href="https://copingskillsforkids.com/calming-anxiety/">https://copingskillsforkids.com/calming-anxiety/</a>
Family Lives (also for parents)	<a href="http://www.familylives.org.uk">http://www.familylives.org.uk</a>
Child Mind (also for parents)	<a href="http://childmind.org">http://childmind.org</a>

## Websites for Teenagers

The Mix	<a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a>	Essential advice and support for young people
KOOTH (11+)	<a href="http://www.kooth.com">http://www.kooth.com</a>	Online counselling service for young people
Papyrus	<a href="http://papyrus-uk.org">http://papyrus-uk.org</a>	Papyrus is the national charity dedicated to the prevention of young suicide Hope line UK: 0800 068 4141
Big White Wall	<a href="https://www.bigwhitewall.com/">https://www.bigwhitewall.com/</a>	Online mental health community for 16+
Young Minds	<a href="https://youngminds.org.uk">https://youngminds.org.uk</a>	Provides a wide range of information about mental health issues in young people

## Phone apps for Teenagers

MeeTwo	Provides safe and secure forum for teenagers wanting to discuss issues
Headspace	Develop mindfulness and meditation skills
Easy Mood Diary	Simple mood journal, tracker and charting tool
Stress and Anxiety Companion	Reduces anxiety through games and music
WYSA	Artificial Intelligence penguin helps reduce anxiety

## Phone apps for Young Children

Chill Panda	Provides breathing exercises to help reduce anxiety + game
Headspace	Develop mindfulness and meditation skills
Cove	Uses music to help capture how you feel and express emotions
Calm	Guided meditations help improve anxiety and sleep
Blue Ice	Evidenced-based app to help manage emotions and reduce urges to self-harm

# Help for families

Being isolated means that, for many families, they are spending more time together than they have for a very long time. While this may be a pleasant experience for some families, it is understandable that this might be a very difficult time for others.

Below is some information and links to organisations that you might find particularly helpful if you and your family are really struggling during this time.

## Practical Social Support

**Family Solutions (Essex)**—are an organisation to support families in Essex that are struggling and need help working through their difficulties

- Call 0345 603 7627
- Out of hours—call 0345 606 1212

### Thurrock Children's Care Professionals Service

- Call 01375 652 802 (Mon-Fri, 9:00-4:30)
- Out of hours— call 01375 372 468

### Southend Children's Care Professionals Service

- Call 01702 215007
- Out of hours—0345 606 1212

<http://essexfamilywellbeing.co.uk> – Essex child and family well-being service are providing free telephone help for families in Essex as well as free online chat support

[www.mind.org.uk](http://www.mind.org.uk) – general support for mental health

<http://essexfamilywellbeing.co.uk> – Essex child and family well-being service are providing free telephone help for families in Essex as well as free online chat support

Telephone help from the Essex family wellbeing service:

**Mid Essex Tel: 0300 247 0014**

**North Essex Tel: 0300 247 0015**

**South Essex Tel: 0300 247 0013**

**West Essex Tel: 0300 247 0122**

# Help with housing and finances

There is a lot of uncertainty about the help you can get during the coronavirus, which can cause a lot of anxiety and stress for families.

For all of the government advice about coronavirus, visit: <https://www.gov.uk/coronavirus>

## Employment

For advice about employment and payment, visit: <https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>

## Paying bills

There are things you can do if you are struggling to pay things like your rent, mortgage and bills because of the coronavirus.

Check out the Citizens advice website for more information

<https://www.citizensadvice.org.uk/debt-and-money/if-you-cant-pay-your-bills-because-of-coronavirus/>

If you are struggling to pay your rent, you can contact your **nearest citizens' advice** for guidance

<https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/contact-us/>

You can contact your **local council** to discuss extra help; find your local council on: <https://www.gov.uk/find-local-council>

## Housing

If you are worried about housing during the coronavirus, there are some organisations in Essex that can help families.

Peabody is an organisation that can provide accommodation for young people and those with learning disabilities or mental health difficulties.

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

## Safety at home

Due to the current Coronavirus situation, being isolated in the house with your family can be an increasingly stressful time. If you feel that you or someone in your home is in danger or at risk of being hurt by somebody else, it is important to seek help.

This pack is filled with helpful links, resources and helplines that you can contact in lots of different ways if you feel you need emergency help or if you just need someone to talk to.

It is important to talk to someone about how you are feeling. Some things to remember: this is not your fault and you are not wrong for seeking help with what is happening at home.

**If you are in immediate danger, please call 999 for police help**

## Important information about coping and getting help with domestic violence

Advice and tips for **covering your tracks online** for those that are worried about someone knowing you have visited these websites

<https://www.womensaid.org.uk/cover-your-tracks-online/>

NHS information about domestic violence

<https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>

Advice and activities aimed at finding **ways to cope** with distress

<https://www.childline.org.uk/toolbox/calm-zone/>

Information on support for children and young people who have experienced sexual violence

<https://rapecrisis.org.uk/get-help/looking-for-information/support-for-children-and-young-people/>

Information and support for domestic violence

This site has an **'exit' function** which shuts down the page immediately

<https://chayn.co/>

Information about **child abuse**

<https://www.supportline.org.uk/problems/child-abuse/>

Information about **domestic violence**

<https://www.supportline.org.uk/problems/domestic-violence/>

Information about **running away from home**

<https://www.supportline.org.uk/problems/homeless-and-runaways/>

## Contact details for organisations that can help

Reaching out for help can be difficult, so we have provided lots of places and ways for you to get help when you feel you need it

**Compass:** this is the Essex domestic abuse service. They provide both a telephone helpline as well as an online chat service to speak with trained members of staff for help and support. The site has an exit function which shuts down the site immediately.

**Phone:** 0330 333 7444

**Online chat:** <https://www.essexcompass.org.uk/>



**Child line:** free **telephone** helpline and 1-2-1 counsellor **online chat** for people under 18 (from 9am-midnight)

**Phone:** 0800 1111

**Counsellor chat:** <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>



[childline.org.uk](http://childline.org.uk)

**NSPCC:** For advice and support if you are worried about the safety of a child or young person

**Phone:** 0808 800 5000

**Email:** [help@nspcc.org.uk](mailto:help@nspcc.org.uk)



[nspcc.org.uk](http://nspcc.org.uk)

**Samaritans:** free 24 hours helpline for advice and support

**Phone:** 116 123

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org) (email responses take 24 hours)

<https://www.samaritans.org/>



**The Mix:** offers **telephone** help and also 1-2-1 **online chat** help. It also has a **free crisis text service** 24 hours a day 7 days a week (for under 25)

**Phone:** 0808 808 4994 (from 4pm-11pm)

**Crisis messenger:** text 'THEMIX' to 85258

**Online chat:** <https://www.themix.org.uk/get-support/speak-to-our-team>



## Safety at home

## Contact details for organisations that can help

**Safe line:** this helpline is for people concerned about sexual abuse or rape

**Young people helpline:** 0808 800 5007

**Male helpline:** 0808 800 5005

**Female helpline:** 0808 802 9999

**Text helpline:** 07860 027573

**Email:** support@safeline.org



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



<https://rapecrisis.org.uk/>

**Rape crisis England:** offers different types of support for women in need of help and support. They have a telephone helpline, online chat helpline and rape crisis centres across the country for specialist support.

The site also has an exit button which shuts down the site immediately when clicked.

**Phone:** 0808 802 9999 (between 12:00-14:30pm and 19:00-21:30pm everyday of the year)

**Online chat:** <https://rapecrisis.org.uk/get-help/want-to-talk/>

**Find a crisis centre:** <https://rapecrisis.org.uk/get-help/find-a-rape-crisis-centre>

**ManKind:** offers advice and support for male domestic violence. Monday to Friday 10am-4pm

**Phone:** 0182 3334 244

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



**Shout:** offer 24 hour crisis support via a text service.

**Text:** shout to 85258

<https://www.giveusashout.org/> End the conversation when you want by texting STOP