

Useful Websites

E-Motion - www.e-motion.org.uk Online counselling for 12-18 year olds in East Sussex

Moodjuice - www.moodjuice.scot.nhs.uk free CBT printable workbooks to help with a number of difficulties – low mood, anxiety, shyness, PTSD, Sleep problems etc.

The Blurt Foundation - www.blurtitoout.org/resource/self-care-info A gigantic hug in a box, packed full of products to nourish, inspire and encourage self-care

Students Against Depression - www.studentsagainstdepression.org Students Against Depression provides you with a calm environment and the resources to help you find a way forward

Messaging Services

Young Minds - Text YM to 85258 - If you are experiencing a mental health crisis and in need of support, the Young Minds crisis messenger service provides free, 24/7 crisis support

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

CALM - www.thecalmzone.net/help/webchat/ - 5pm 'til Midnight every day - The Campaign Against Living Miserably (**CALM**) is an award-winning charity dedicated to preventing male suicide

Useful Phone Numbers

Samaritans (24 hours) helpline 116 123 or email jo@samaritans.org

Papyrus HOPEline (Mon – Fri 10am-10pm 0800 068 41 41, 2pm-10pm weekends and bank holidays 0800 068 41 41 or text 07786209697 or email pat@papyrus-uk.org

Sussex Mental Health line (Mon-Fri 5pm to 9am, 24hrs weekends and bank holidays) 0300 5000 101

NHS out of hours 111 or call 999 if it is an emergency



What's Up? Free app (with add on purchases). Uses CBT (cognitive behavioural therapy) and ACT (acceptance commitment therapy) to help you cope with depression, anxiety, stress and more.



SAM (Self-Help for Anxiety Management) helps you understand and manage anxiety through self-help exercises and private reflection.



Headspace Live a happier and healthier life with this app's bitesize meditations. Great for stress and for sleeping difficulties. It also offers SOS exercises for distressing times.



MindShift is an app developed for young people to combat anxiety and teach everyday coping strategies. This app will help coach you in challenging situations.



Calm Harm helps you to resist the feelings of wanting to self-harm and help you manage your urges.



Down Dog Yoga is a free app (options for paid membership) that will help you practise yoga and home (or anywhere!)



Rise Up + Recover is just the app for you if you are struggling with food, dieting, exercise and body image.



Countdown

- 5 things I can see
- 4 things I can hear
- 3 things I can touch/feel
- 2 things I can smell
- 1 slow deep breath



STOPP

- S Stop and take a step back
- T Take a breath
- O Observe around you
- P Pull back and look at it differently
- P Practise what works



ABCDE

- A Attention-Notice what your mind is saying
- B Believe-You don't have to believe everything you think
- C Challenge-Question your thoughts, consider a new perspective
- D Discount-Let the unhelpful thoughts go
- E Explore-Choose the best response, what should I do now



Positive steps to Wellbeing

Be kind to yourself	Exercise regularly
Hobbies/new skill	Have fun/be creative
Rest and relaxation	Eat healthily
Balance sleep	Connect with others
Beware alcohol/drugs	See the bigger picture
Help others	It is as it is

Free Daily Resources For Children



PE with Joe Wicks On YouTube

Week days at 9am but you can visit any time on youtube to view the workout.

Wildlife With with Steve Backshall On Facebook

Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



Science with Maddie Moate on YouTube

Weekdays 11am. Maddie & Greg chat about science and nature!



Dance with Oti Mabuse On Facebook

Every day at 11.30am but children can view the class at any time.



Maths With Carol Vorderman

Free access to the her maths website:
www.themathsfactor.com



Music with Myleene Klass on YouTube

Twice a week. Next one Friday 27 March 10am, but can view any time.



Storytime With David Walliams

Free story everyday at 11am on his website:
www.worldofdavidwalliams.com



For More Ideas Join Our Facebook Group

Extreme Couponing and Bargains UK Group

Last updated 24th March 2020

LIVE STREAMS FOR CHILDREN

ALL OF THESE ARE FREE DAILY BROADCASTS

9:00AM PE WITH JOE: 30 MINUTE WORKOUT

A daily workout by Joe Wicks specifically designed for kids to get your kids moving, feeling energised, positive and optimistic.

Youtube Channel: TheBodyCoachTV

<https://www.youtube.com/watch?v=K6r99N3kXME>

9.30AM INTERACTIVE LITERACY PROGRAMME

Radio Blogging: Interviews with authors and poets, including Pie Corbett. Interactive blogging and teaching. Shoutouts to young writers and their writing read aloud.

radioblogging.net/index.php/welc...

11.30AM DANCE CLASS WITH OTI MABUSE

A kids class with the Strictly pro will stream from both Instagram (@otimabuse) and YouTube channel.

https://www.youtube.com/channel/UC58aowNEXHhFR_5YTP4g

3.00PM STORY TIME

Children's author James Mayhew reads a daily story on Youtube (check his Twitter page for details <https://twitter.com/mrjamesmayhew>)

#StoryTime4HomeTime. Whether you're in school or at home, it's great to end the school day with a story.

6.00PM DRAWING WITH STEVE HARPSTER

Live drawing event on Harptoons Facebook Page. Every day he will draw with families that are staying safe at home. (facebook.com/harptoons)

https://www.youtube.com/watch?v=z8-PqO_yoKs

Guide to age appropriate resources for children:

<https://www.common sense media.org/>

Staying safe online:

<https://www.thinkuknow.co.uk/>

Support resources & reporting concerns (children):

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

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

Support resources & reporting concerns (adults):

<https://www.ageuk.org.uk/information-advice/coronavirus/staying-safe-and-well-at-home/>

Those classed as extremely vulnerable can register for help here:

<https://www.gov.uk/coronavirus-extremely-vulnerable>

Advice & information regarding domestic abuse:

<https://apple.news/AzttzfJHsSuSsLnDXvr546Q>

<https://www.restoredrelationships.org/news/2020/03/19/working-home-and-domestic-abuse/>