

Cognitive Behavioural Therapy as a method for supporting the children and young people that we work with. However, CBT is also useful for adults that are experiencing stressful situations. The CBT Resource have developed a useful guide around managing stress and worry during the Covid-19 outbreak using a CBT approach that contains lots of useful tips and activities for managing uncomfortable feelings during this time. You may wish to combine this with further online learning and support through the Live Life to the Full programme. They offer a free online course around using a CBT approach to help us understand our thoughts and feelings, especially those that are negative and unhelpful. If you work for the NHS, you can get further access to courses for free during the coronavirus outbreak. This could be a resource that you direct the parents of a child or young person to as well if they are finding the situation difficult at the moment.

<https://littf.com/home/living-life-to-the-full-series/littf-adults/>

ThinkNinja, an app designed by Healios, is now available for free through the Covid-19 period to all 10-18 year olds UKwide! The app is designed to empower children and young people to build resilience, manage their emotional health and to fulfil their potential. It provides self-help knowledge and skills for young people built on CBT principles. CBT works to help us notice and change problematic thinking styles and behaviour patterns. The app has been updated with specific advice around COVID-19 to support young people through this crisis. The content has been created by specialist child psychologists. The new COVID-19 content provides an opportunity to understand the following: 1. Fears relating to the virus 2. Isolation struggles and how to stay connected to family and friends 3. Worries about personal health and health of family members 4. Mental strength 5. Coping techniques to use during the crisis 6. Plus many other helpful tips To download ThinkNinja, search "ThinkNinja" in the Apple App Store or Google Play Store. Once installed, enter a few registration details and you're done! For more information, visit:

<https://www.healios.org.uk/services/thinkninja1>

Supporting SEND useful website

<https://www.bbc.co.uk/bitesize/articles/zh9v382>

Talking to children about the coronavirus When something daunting and overwhelming happens, it can be difficult to know how to appropriately talk to children about it. It's important that they are informed, but how do we know what to tell them and how to say it? The NSPCC has developed a useful guide that parents and staff can use to help with those tricky conversations around the coronavirus. It includes advice around talking to children about death and loved ones becoming ill. It also provides guidance for children that are worried about food shortages and how to discuss those feelings. It also goes into the importance of trying to maintain a routine and giving the children a sense of control in their otherwise unpredictable lives. The Government have also released guidance around supporting children and young people's mental health and wellbeing during this crisis.

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

<https://www.childrenscommissioner.gov.uk/report/childrens-guide-to-coronavirus/>

Making a plan The Charlie Waller Memorial Trust has developed a daily planner designed for use for working at home, but it works well as a daily planner for life in lockdown regardless of whether you are working or not. It encourages you to plan your day, not only in terms of tasks to be done, but also encourages you to note down positive things that happen during the day, your goals for the day and even encourages you to track the water you drink! It also introduces a new 'five a day.' Their five a day looks at 5 things we can do each day to promote our wellbeing, these include: connect with the people around us, be active each day, take notice of the things around you like a bird in the garden or a beautiful sunset, keep learning things that interest you like taking up a new hobby or cooking a new recipe and finally, give something whether that is a phone call to a friend or sending a card to a loved one. The daily planner encourages you to think about how you can plan each of these 5 things into your day. If you find yourself feeling overwhelmed by the current crisis and how you are feeling, it may be worth planning in the grounding technique within the take notice section to help bring you back to feeling calm in the moment.

https://74fa8c0e-59f4-4e39-806a-f511b0f9fadb.filesusr.com/ugd/386fed_26b7f66dd20548ca90d18ecb1b4a9ee8.pdf



Using technology to support children and young people Technology can sometimes have a bit of a bad reputation when it comes to children and young people, however in the current crisis, we find that we are relying on technology in many ways. Whether that is to facilitate home-learning, connecting with friends or family or keeping up to date with news and announcements. Technology can also be used to support children and young people with their mental health. There are a variety of apps available aimed at children and young people's mental health. We've put together a list of a few of our favourites that might be useful for the families that you work with.

- Smiling Mind – This app is designed to equip young people with the skills to thrive. With a focus on mindfulness, the app offers free daily mindfulness and meditation sessions developed by psychologists and educators. They have dedicated programs for young people, but also have sessions aimed at parents too.

- Calm Harm – This is a free app featured on the NHS app library. Developed for teenagers, Calm Harm provides tasks and strategies to help young people resist the urge to self-harm.

- ThinkNinja – This free app has been developed by Healios and focuses on developing resilience and the ability to manage emotional health. It is aimed at 10-18 year olds and is built on CBT principles. It addresses things such as stress, low mood and anxiety and has a range of resources specific to COVID-19.

- Worry Tree – This free app encourages you to record your worries and problem-solve your anxieties based on CBT principles.

- MeeTwo – This is a free app aimed at young people which allows them to anonymously discuss their mental health with other people their age. It is moderated by experts to cultivate an atmosphere of peer support.

Childline offer a 1:1 counselling service via webchat if this is something that a young person would feel more comfortable accessing. ChatHealth is a confidential text service that young people can access for support and advice on a range of issues. The service is aimed at 11-19 year olds and is available Monday to Friday from 9am to 5pm. If a young person messages outside these hours, they will receive a response as soon as possible. Just text 07480 635060 to start a conversation. If a young person is finding themselves in crisis and would like more immediate support, they can access the Shout messenger service by texting the word Shout to 85258.

Parents can call these numbers if they are worried about a child's mental health.

Just One Norfolk on 0300 300 0123.

They can support with a range of issues, not only mental health. Just One Norfolk also have a text messenger service called Parentline. By texting 07520631590, parents will receive guidance about any concerns they have about their children.

For more information on mental health in children and young people, parents can also use you could also

the Parent Guide on the Young Minds website. The website is full of information about a variety of mental health needs in young people and how parents can offer support.



