MENTAL HEALTH & WELLBEING

PLEASE CLICK TITLES AND/OR IMAGES FOR LINKS TO RELEVANT CONTENT

TEEN GUIDE TO SURVIVING LOCKDOWN & BEYOND

A full guide on how to look after your mental wellbeing. Containing tools, activities and practices to help you manage social distancing and stay positive during the coronavirus lockdown & beyond.


#bettertogether

KOOTH

Kooth is a transformational digital mental health support service. It gives children and young people easy access to an online community of peers and a team of experienced counsellors. Access is free of the typical barriers to support: no waiting lists, no thresholds, no cost and complete anonymity.

Launched in 2004 and accredited by the BACP, more than 1,500 children and young people across the country login to Kooth every day.
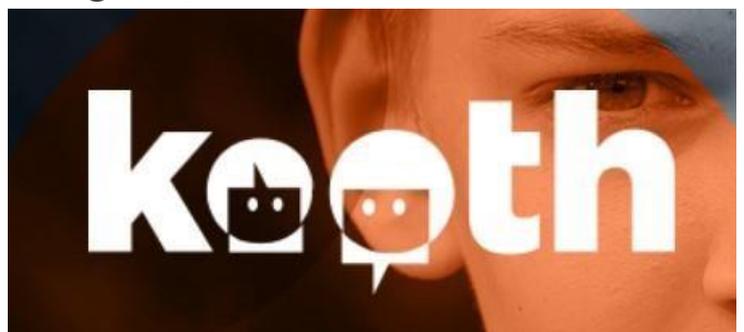
YOUNG MINDS

Young Minds are leading the fight for a future where all young minds are supported and

YOUNGMiNDS

empowered, whatever the challenges. They are here to make sure young people get the best possible mental health support and have the resilience to overcome life's difficulties.

WESTMINSTER CONNECTS

Coronavirus can affect our mental health and wellbeing. You may feel low, anxious, concerned about your health or that of those close to you. It's important that you take care of your mind as well as your body and get further support if you need it.
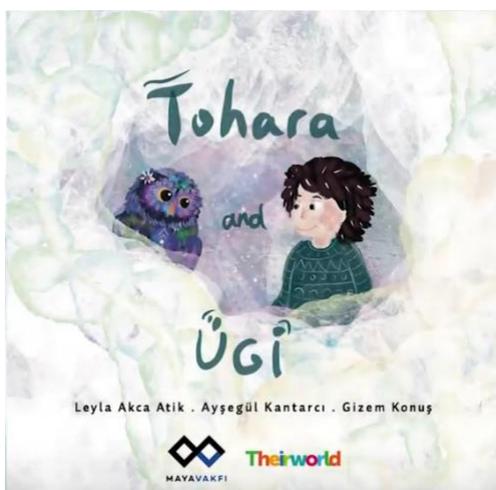
You can find information HERE for tips and simple steps you can take to look after your wellbeing during the coronavirus outbreak.

WESTMINSTER CONNECTS

City of Westminster

Tohara and Ugi: the tale of a boy and a wise owl

Tohara and Ügi

Leyla Akca Atik . Ayşegül Kantarcı . Gizem Konuş

MAYAVAKFI   Theirworld

School closures are having a devastating impact on children's wellbeing. Locked out of the classroom with limited contact with friends, many young people are struggling to cope. Check out this video which aims to help children deal with their feelings in lockdown.

Email sarah@standrewsclub.com if you want to know where you or your family can get further advice and support, including counselling services.