

## Useful Websites

**E-Motion** - [www.e-motion.org.uk](http://www.e-motion.org.uk) Online counselling for 12-18 year olds in East Sussex

**Moodjuice** - [www.moodjuice.scot.nhs.uk](http://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](http://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.studentsagainstd Depression.org](http://www.studentsagainstd Depression.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/](http://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](mailto: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](mailto: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](http://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](http://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...](http://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/UC58aowNEXHhnr\\_5YtP4g](https://www.youtube.com/channel/UC58aowNEXHhnr_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://facebook.com/harptoons))

[https://www.youtube.com/watch?v=z8-PqO\\_yoKs](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/>