

Useful information

Local Response

- * First Response: 01274 221181
- * Children's Social Care Initial Contact Point: 01274 431010
(8:30am-5:00pm Monday to Thursday, 8:30am-4:30pm on Friday)
- * Social Services Emergency Duty Team: 01274 431010
- * MYMUP
- * Kooth.com
- * Council Help Line: COVID 19
- * CAMHS: (Keighley) 01535 661531 (Bradford) 01274 723241
- * Step2: www.step2.org.uk
- * MYwellbeingcollege.nhs.uk (16+)
- * MIND: www.mindinbradford.org.uk
- * Relate Bradford: www.relatebradford.org
- * Rape Crisis: www.bradfordrapecrisis.org.uk
- * Youth Service Emergency Phone : 07775 956 679
- * Thrive Bradford: www.thrivebradford.org.uk

National Websites with useful information

- * Youngminds.org.uk
- * NSPCC: www.nspcc.org.uk
- * Child Line: 0800 11 11
- * Rape Crisis: www.rapecrisis.org.uk
- * Relate: www.relate.org.uk

Hey guys,

Just a quick note to say that during this difficult time we want you to know that you can do it! We are going to try and support you as best as possible and so; here is a little pack of useful information and resources which should help you get through the coming weeks.

As you are all aware, coronavirus, also known as COVID-19 has come around; meaning that schools, youth clubs and other community places have all shut until further notice and we want to show that we are still here for you, whether it is through a phone call, email, video chat or text message

If you haven't heard from us and you would like contact please call or text your youth worker

Name:

Mobile Number:

If you require immediate support please go to the back page to urgent contact information.

Useful Contacts



MyWellbeing College

Talking through life's ups and downs

MyWellbeing College is a free NHS service to help people manage everyday problems such as feeling low, having problems sleeping, feeling anxious and experiencing stress

<http://bmywellbeingcollege.nhs.uk/>

YOUNGmINDS fighting for young people's mental health

We're leading the fight for a future where all young minds are supported and empowered, whatever the challenges.
<https://youngminds.org.uk>

Wellness plan

Things I may feel before crisis?

.....

.....

People I can call/speak to for help?

.....

.....

Things I can do to take my mind off things

.....

.....

Things I can try instead of?

.....

.....

Things I can tell myself?

.....

.....

Places I can go to get help/relax/be safe?

.....

.....

So, what is
Coronavirus?

This **coronavirus** is a newly discovered virus. It causes a disease called COVID-19.

In some parts of the world it has made lots of people **sick**.

A lot of the symptoms are similar to the **flu** (which you might have had before!)



Dry, itchy cough



Fever

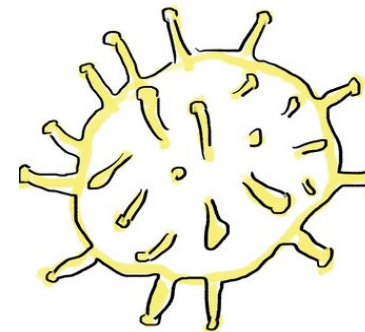


Kinda hard to breathe

Most people who have gotten sick with this coronavirus have had a **mild** case.

And there aren't a lot of cases in **kids**. If kids do get the virus, it tends to be **very mild**.

Coronavirus Facts



- "Corona" is Latin for crown.
- Under a microscope these viruses look like a crown with spikes ending in little blobs.



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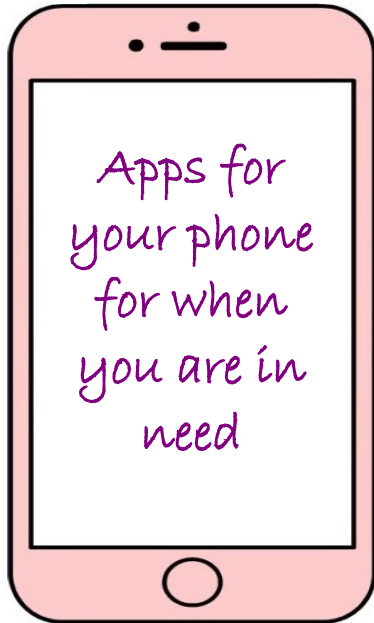


Learn to ride the wave with the free Calm Harm app using these activities:

Comfort, **Distract**, **Express Yourself**, **Release**, **Random**, and **Breathe**.



Designed to empower you to overcome feelings of depression and anxiety by discovering better ways of coping



**MEE
TWO**

MeeTwo helps you talk about difficult things



HEADSPACE

To help support you through this time of crisis, Headspace offering some meditations you can listen to anytime.



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WAYS TO STAY MINDFUL

Listen to music

Watch a movie

Read a book

Ring a youth worker

Cook something you like

Turn up the music and dance

Draw and Doodle

Snuggle under a cozy blanket

Draw or paint a picture

Take a long relaxing bath

Meditate or do yoga

Improvise instruments

Do a wordsearch or other puzzles

Colour in a picture

Make a drumkit out of pans

Learn to read music

Learn a new skill

Ring or videocall a friend

Have a thumb war

Stress ball making!!



useful websites you can

EQUIPMENT

- 2 balloons
- Small plastic bottle

- Flour or rice
- Paper DIY funnel
- Pens for decorating



Instructions

1. Using your paper funnel, fill the plastic bottle with flour,
2. Blow up the balloon and pop over the top of the plastic bottle (do not let the air out)
3. Turn the balloon and bottle over and shake the flour into the balloon.
4. Once all in, carefully remove the balloon and let the air out SLOWLY. If you do it too quickly the flour will come out.
5. Once all the air is out, tie a knot.
6. Take another balloon and cut most of the neck of using scissors. Stretch the second balloon over the balloon. This will help in the event a hole would appear.
7. Now have fun and decorate!!

kooth

Free, safe and anonymous online support for young people

BITE BACK

Online quizzes to reduce stress level and setting goals

stem4i
supporting teenage mental health

Supporting positive mental health in teenagers

THE MIX

We are here to help you take on any challenge you're facing- from mental health to money, homelessness, finding a job, drugs and more

ONE YOU

One You is here to help you get healthier and feel better with free tips, tools and support

YOUNG MiNDS

fighting for young people's mental health

We're leading the fight for a future where all young minds are supported and empowered, whatever the challenges.



*Support helplines for when you
need to talk to someone urgently*

Child line - Confidential talk with a trusted adult.
Ring 0800 1111

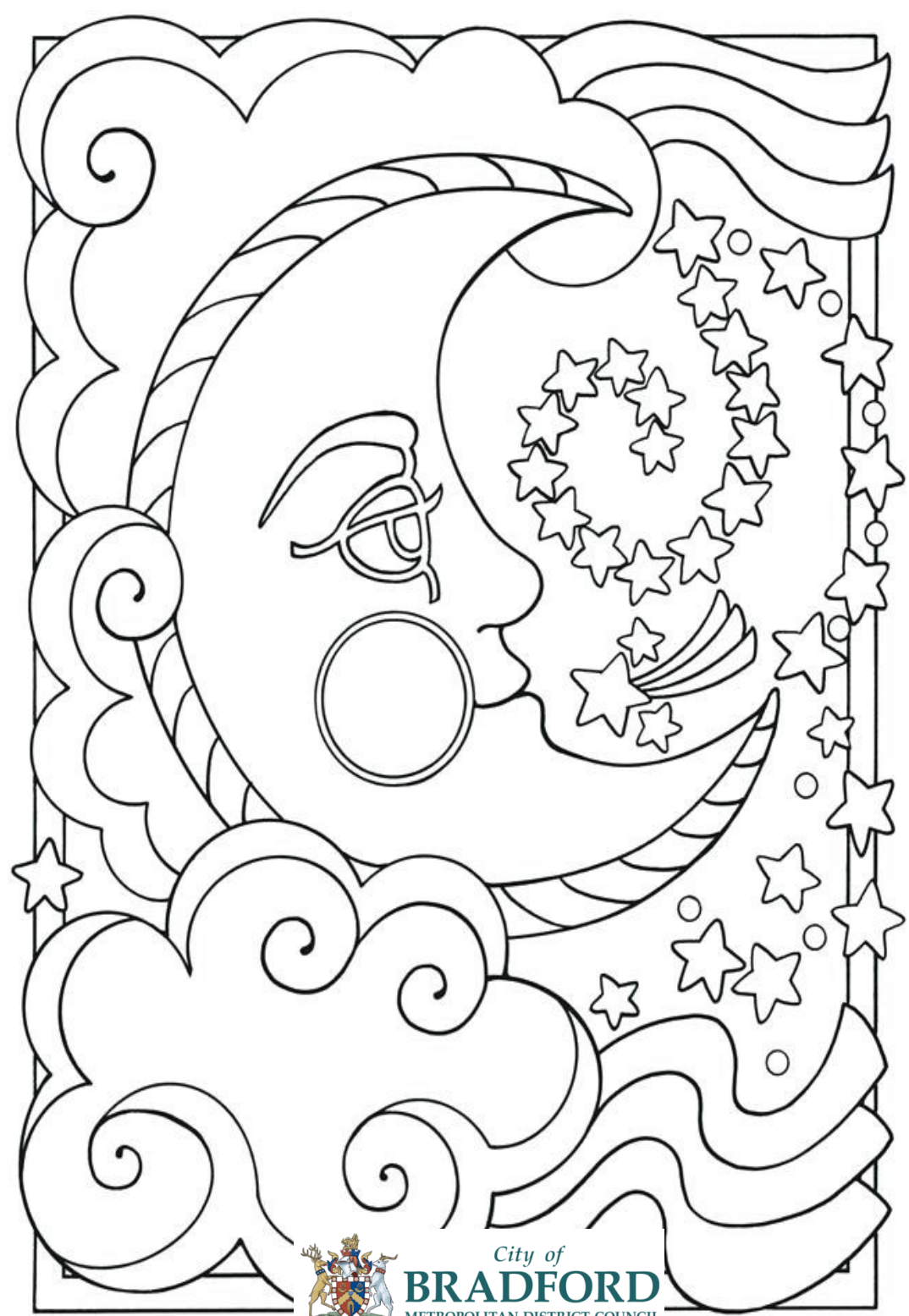
Young mind Crisis Messenger - Text Chat line
Text YM to 85258

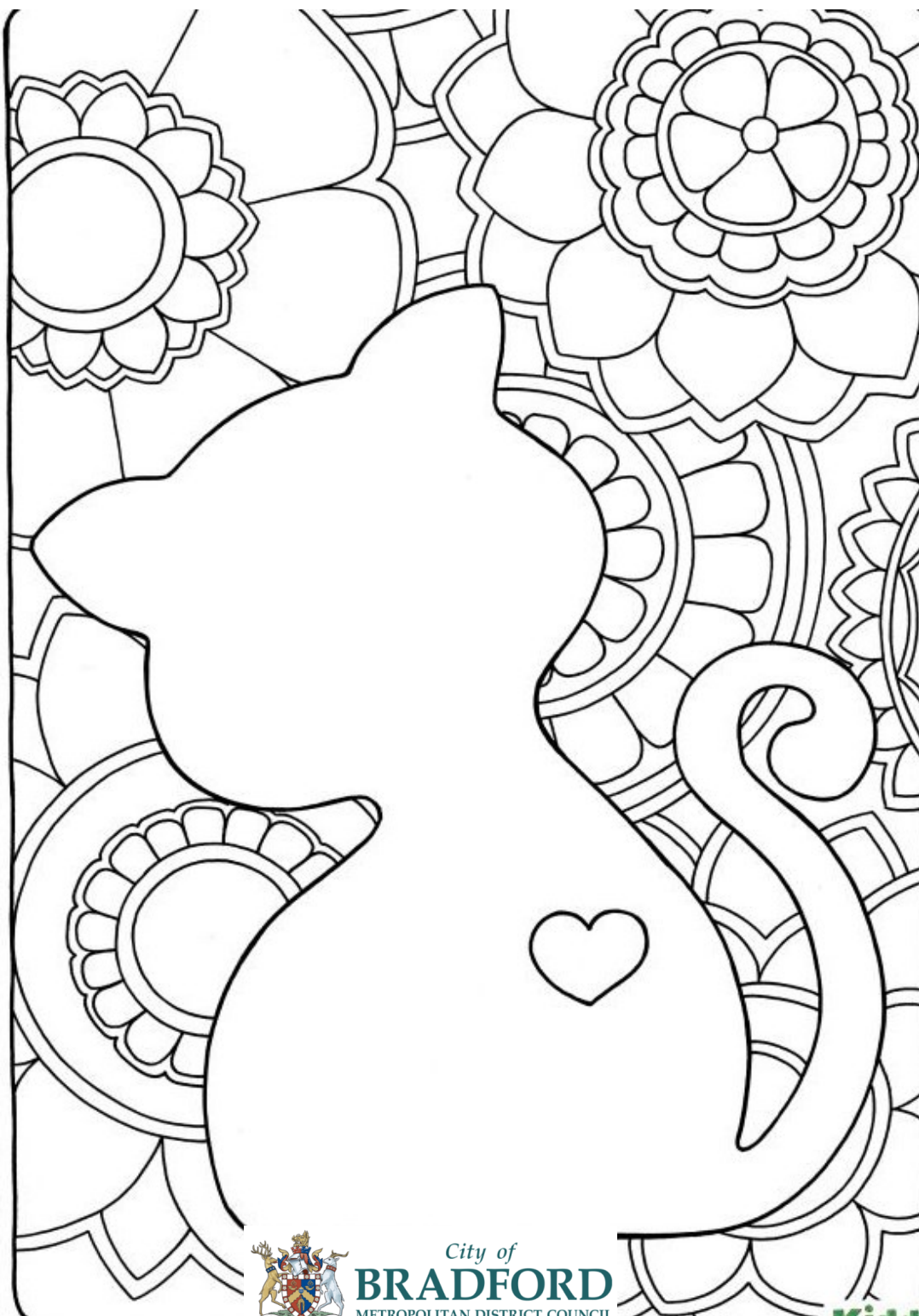
Chat Health - for emotional health and well-being
Text: 07520 619 750

Papyrus- if you are having suicidal thoughts
Call : 0800 068 41 41 OR Text: 07786 209697

First Response - NHS helpline for crisis support
Call: 01274 221181

Samaritans- 24/7 crisis support for when you need help
Text: SHOUT to 85258 OR Call: 116 123





ALL ABOUT

I am years old
I Live with

My Friends Are

in

I like to watch

My Favorite:

COLOR:

FOOD:

ANIMAL:

Favorite activities

BOOKS:

I am good at

When I grow up
I want to be...



My Self-Esteem...

Below are activities that you can do to boost your self esteem and give you time to think more positively during this current situation.

Positive affirmations are positive thoughts and statements that we tell ourselves to raise our self-esteem and boost our confidence.

Try writing 3 affirmations a day about yourself

Remember to:

1> Keep it short

2> start with 'I'

3> Write in present tense

4> Stay positive

Coat of Arms

Create a coat of arms/ family crest filled with things you value, admire and love. Each section will represent you and it is a creative way to reflect on who you are as an individual and the positives and good things in your life.



Goal settings:

As the name suggests, this activity involves writing about your goals. Start with 3 goals and write three ways to achieve these goals. Categorize the goals into time phases, such as the goals I want to achieve this week, next week, month, years, and so on.

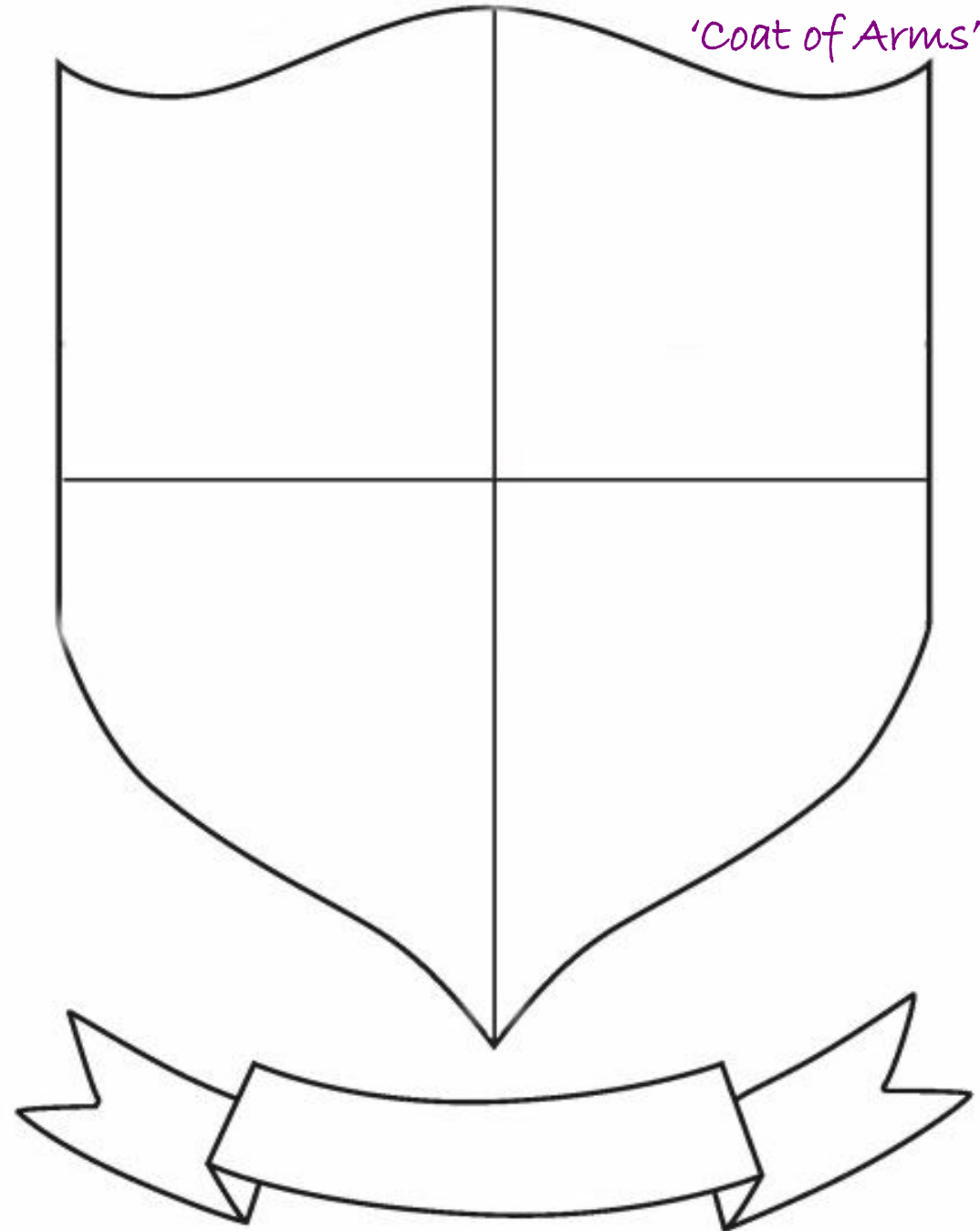




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Create your
own

'Coat of Arms'



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you
are
awesome

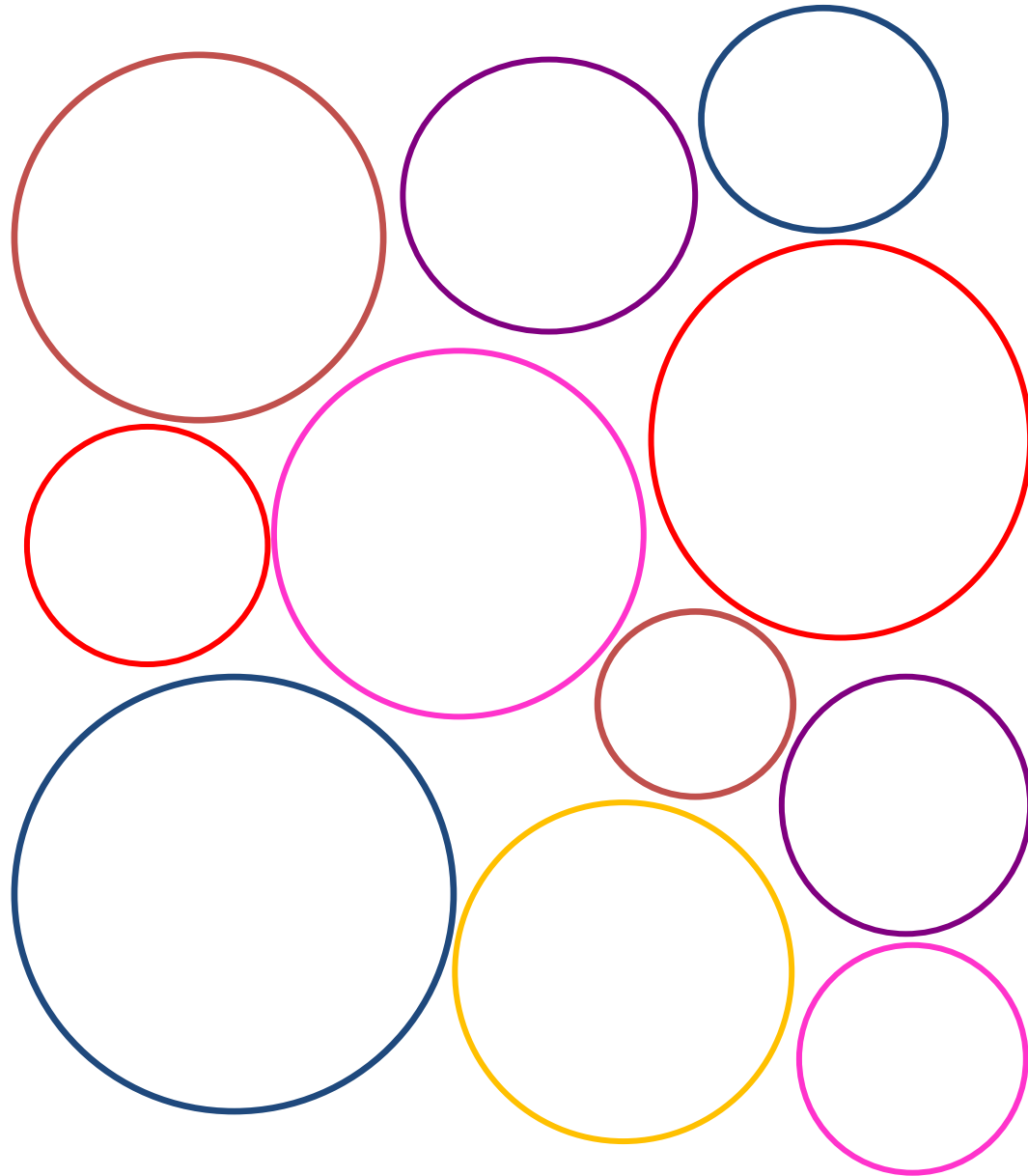


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you
are
awesome

I am awesome because...

Write or draw positive things about you



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"I'm Great Because"...

This can be an excellent way to explore what makes you a good & likable person, and to help build a foundation on your self-esteem.

Below are sentences to complete with something positive about you!

- ⇒ I like who I am because...
- ⇒ I'm super at...
- ⇒ I feel good about my...
- ⇒ My friends think I am awesome because...
- ⇒ Somewhere I feel happy is...
- ⇒ I mean a lot to...
- ⇒ Others reckon I'm a great...
- ⇒ I think I'm a pretty good at...
- ⇒ Something I really enjoy is...
- ⇒ I really admire myself for...
- ⇒ My future goals are...
- ⇒ I know I can achieve them because I'm...



TODAY
is going to be
AWESOME!

Our BLOB TREE

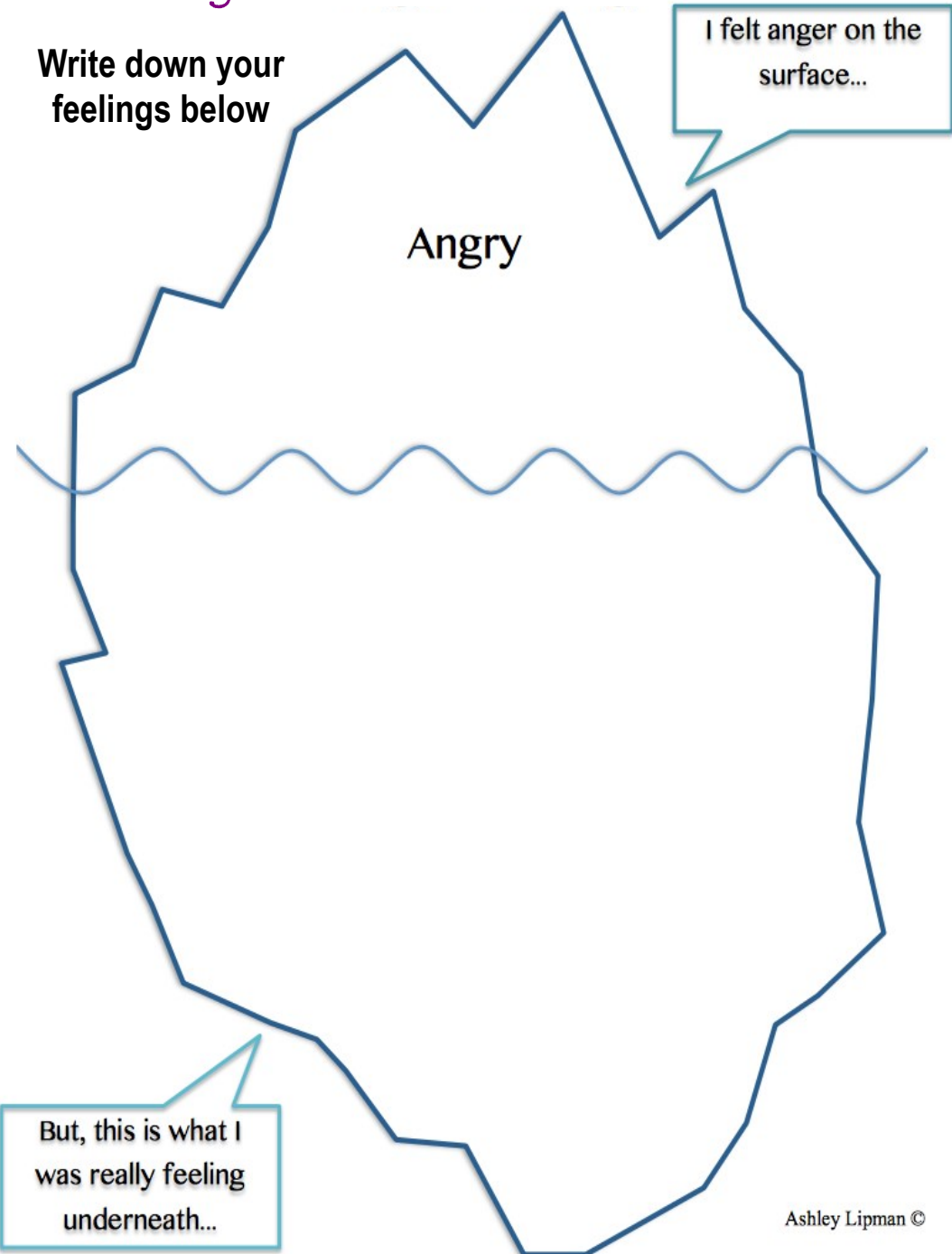
Blob Tree's are a good way of expressing how you're feeling in certain situations.

Look at the tree: Which are you & why? Which do you want to be & why? How are you going there?



My anger- Iceberg

**Write down your
feelings below**





What is an anger-iceberg

When we are angry, there are further emotions under the surface

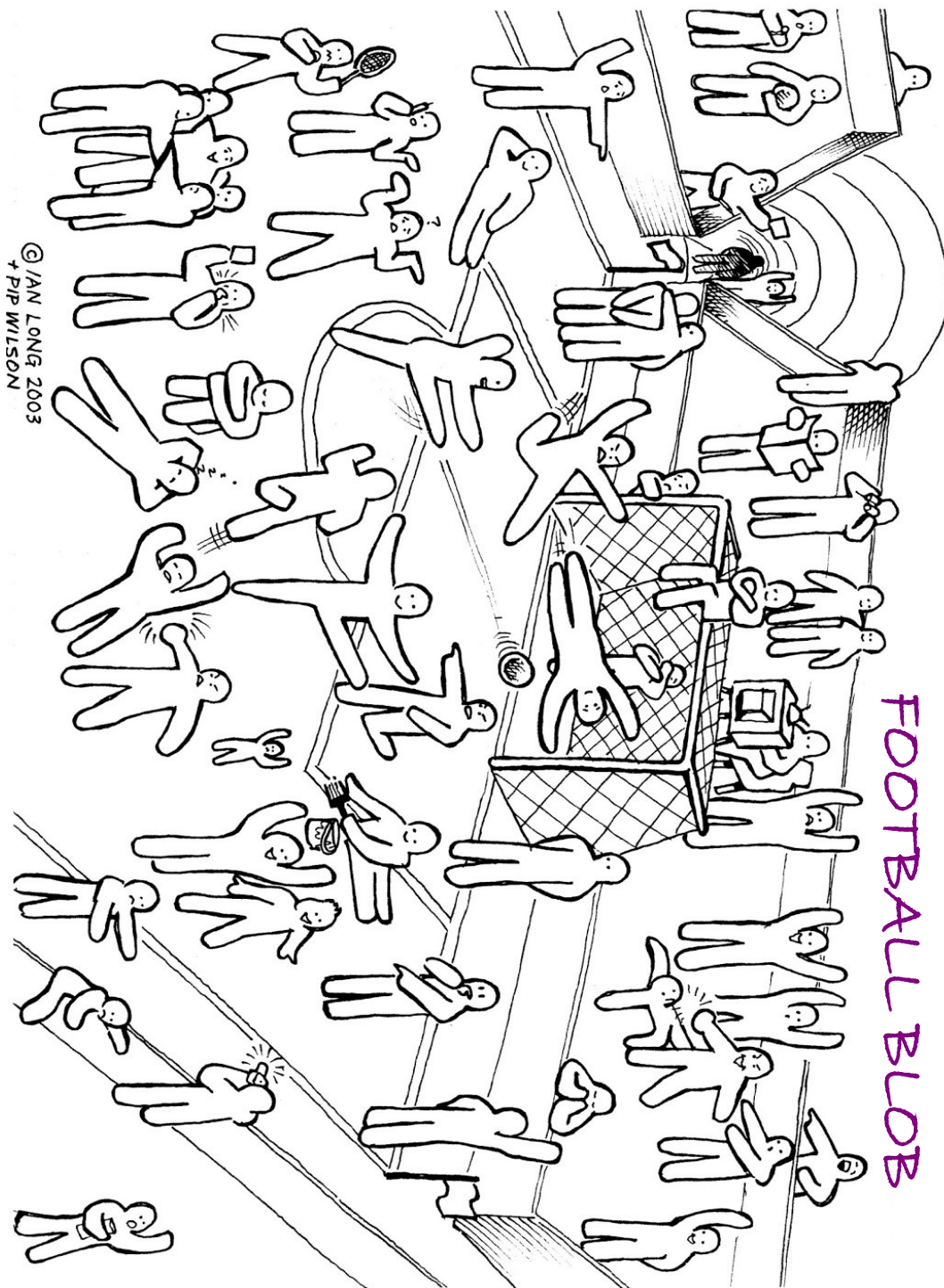
It is important to find out why we are angry

ANGRY

EMBARRASSED SCARED GRUMPY
DEPRESSED UNSURE TRICKED
STRESSED REJECTED HURT
ANNOYED ANXIOUS
GUILT INSECURE LONELY
HELPLESS

Anger triggers can include people, places, situations that can set off your anger.

Anger may be fuelled by different emotions at different times



WHAT IS ANXIETY?

Anxiety can affect anyone – it doesn't distinguish between age, background or social group. Even some of the most confident people you know may be living with anxiety.

Recent research suggests that as many as 1 in 6 young people will experience an anxiety condition at some point in their lives, this means that up to 5 people in your class may be living with anxiety.

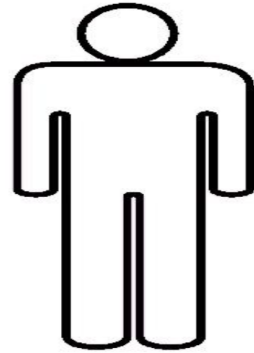
Anxiety is a normal, human feeling of fear or panic. When we face stressful situations, it can set off our brain's in-built alarm bell system, which tells us something isn't right and that we need to deal with it.

Most of us worry sometimes – about things like friendships or money – and feel anxious when we're under stress, like at exam time. But afterwards we usually calm down and feel better.

But when you're not in a stressful situation, and you still feel worried or panicky, that's when anxiety can become a problem.

My name is...

anger



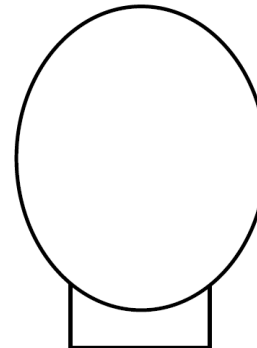
What does my body do when I am angry? How do I act? Write a sentence

What sensations do I get in my body when I am angry? Colour the parts of your body that are affected.

What do I think about when I am angry?

What do I say when I am angry.

What does my face look like?
Draw your facial expression.



1.

2.

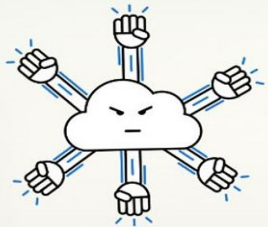
3.

How can I calm down?

What is anger

Anger is one of a range of emotions that we all experience. It's ok to feel angry about things that you have experienced.

Anger can start to become a problem when you express it through unhelpful or destructive behaviour – either towards yourself or other people



OUTWARD AGGRESSION



INWARD AGGRESSION



PASSIVE AGGRESSION

Anger can include..

- Hitting or physically hurting other people
- Shouting at people
- Breaking things
- Hurting yourself
- Losing control
- Spending time with people who get you into trouble
- Constantly ending relationships
- getting in trouble at school or work
- Being constantly annoyed

What does anxiety feel like?

Anxiety feels different for everyone. You might experience some of the things and you might also have other experiences

Some experiences could be:

- ⇒ a churning feeling in your stomach
- ⇒ feeling light-headed or dizzy
- ⇒ pins and needles
- ⇒ feeling restless or unable to sit still
- ⇒ headaches, backache or other aches and pains
- ⇒ faster breathing
- ⇒ a fast, thumping or irregular heartbeat
- ⇒ sweating or hot flushes
- ⇒ problems sleeping
- ⇒ grinding your teeth, especially at night
- ⇒ nausea (feeling sick)
- ⇒ needing the toilet more or less often
- ⇒ having panic attacks.
- ⇒ Avoiding places such as school



Breakdown of my Anxiety

WHAT IS TRIGGERING MY ANXIETY?

WHAT ARE SOME OF THE THOUGHTS THAT I AM HAVING?



HOW IS MY BODY RESPONDING?

WHAT IS THE WORST THING THAT CAN HAPPEN?

WHAT DO I HAVE IN MY CONTROL TO KEEP THIS FROM HAPPENING?

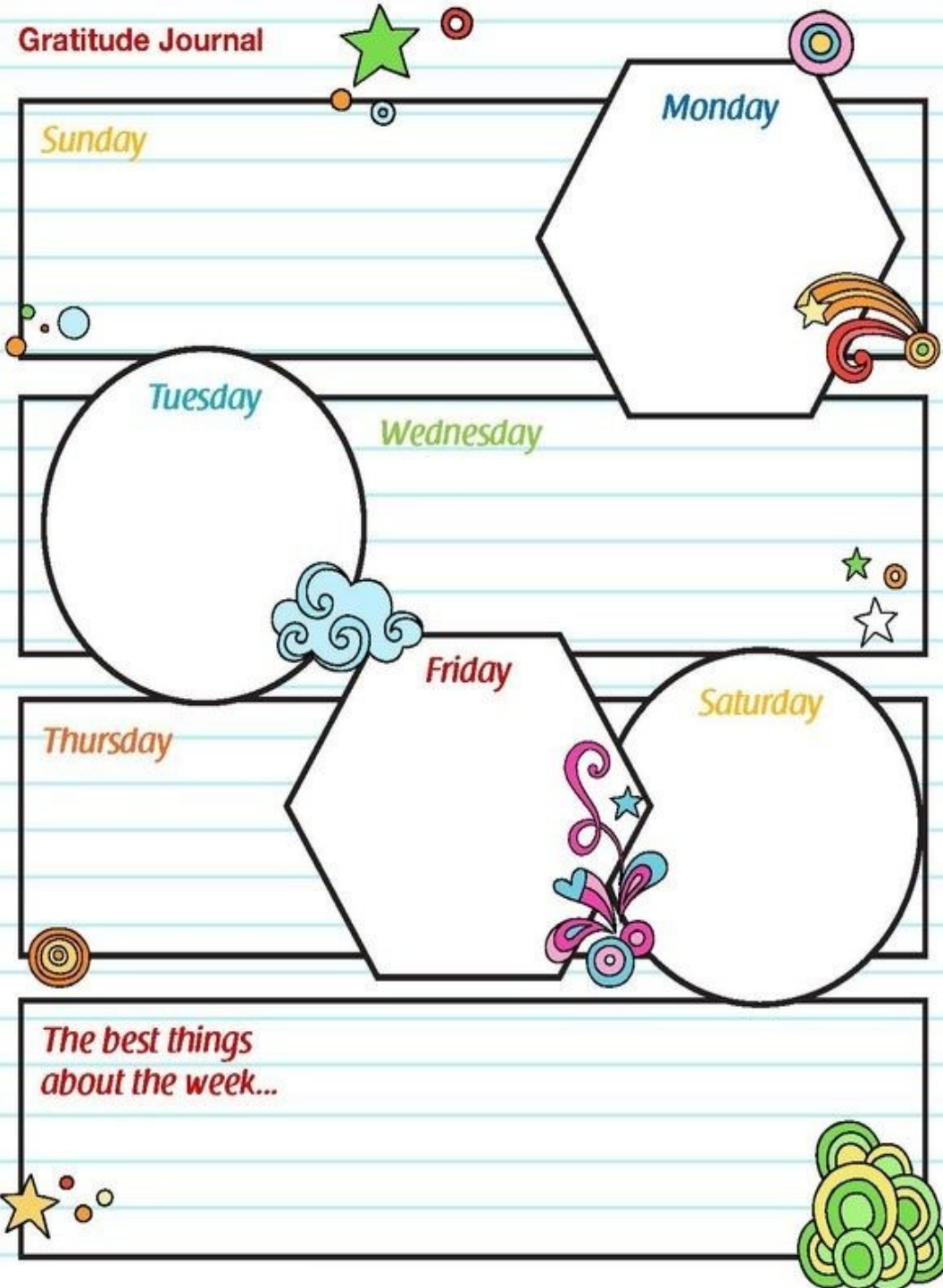
WHAT CAN I DO TO CALM MY BODY DOWN?

WHAT ARE POSITIVE THOUGHTS TO HELP CALM MY MIND?



Week 4

Gratitude Journal



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

The best things about the week...

Gratitude Journal

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

The best things about the week...

GROUNDING WITH YOUR FIVE SENSES

What are

5

THINGS YOU CAN SEE



SUN
PICTURE ON THE WALL
PEOPLE WALKING

4

THINGS YOU CAN FEEL



WIND BLOWING
FEET ON THE FLOOR
PENCIL IN HAND

3

THINGS YOU CAN HEAR



BIRDS CHIRPING
CLOCK TICKING
CAR HORNS

2

THINGS YOU CAN SMELL



FOOD FROM THE CAFETERIA
LAUNDRY DETERGENT ON CLOTHES
FRESH CUT GRASS

1

THING YOU CAN TASTE



MINT
Breakfast
TOOTHPASTE



Things OUTSIDE My Control

Other People's
Actions

Other
People's
Words

Other
People's Play

Things I CAN Control

My Words ★ My Actions

My Ideas ★ My Play

My Effort ★ My Mistakes

My Behavior

Other People's
Mistakes

Other
People's
Feelings

Other
People's Ideas

Other People's Behavior

Week 2



Gratitude Journal

Sunday

Monday

Tuesday

Wednesday

Friday

Thursday

Saturday

The best things
about the week...

Week 1

Gratitude Journal



Sunday

Monday



Tuesday

Wednesday



Friday

Saturday



Thursday

The best things
about the week...



What I can't control

What I can control

Breathing star exercise



using the star, start at the top and breath in for 4 seconds; hold for 5 seconds; breathe out for 6 seconds

Draw or write down how you feel when you're
anxious.

This could be both physical and emotional

