

COVID-19 – MENTAL HEALTH & WELLBEING IN LOCKDOWN

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse97a7c>

<https://www.nhs.uk/oneyou/every-mind-matters/>

<http://www.awp.nhs.uk/news-publications/publications/patient-information/translated/>

Coping strategies for anxious times in lots of different languages

<https://www.headspace.com/covid-19>

Meditation & mindfulness

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

For teenagers

https://www.youtube.com/user/yogawithadriene/videos?fbclid=IwAR1zKNnP5dvghTF_wTTgv4zFxEsxUbcAK8wCdCqg9lzfNTT3YUJhFiWgzfQ

Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

Yoga for kids

<https://funpalaces.co.uk/news/tiny-revolutions-of-connection/>

How to connect with others and keep the fun alive in lockdown

<https://www.covid19parenting.com/>

Tips for good parenting in lockdown, in lots of different languages

https://www.holidaypirates.com/travel-magazine/13-zoos-that-offer-live-streams-see-giraffes-koalas-pandas-tigers-penguins-more_35765?utm_source=UniversalAppiOS

Watch zoo animals live – guaranteed to make you feel happy!

Healthy Futures Calderdale

NEW! ChatHealth: an NHS-approved secure and confidential text messaging service for school-aged children and their families in Calderdale.

Please share the following with your pupils and their families:

ChatHealth is brought to you by Healthy Futures Calderdale, and allows you to get in touch with a healthcare professional, at the touch of a button, for advice and support about physical health or emotional wellbeing.

Access the service: TEXT 07480 635297 (young people) or 07507 332157 (parents/carers) to start a conversation.

From 9.00am to 5.00pm Monday to Friday, we have experienced clinicians waiting to help. Messages outside this time frame will receive an automated response letting you know when you will receive a reply, and who to contact to get immediate help.