

Welcome to our Wellbeing Newsletter.

We hope you are all keeping well, staying safe and managing to look after your own emotional wellbeing whilst juggling the ever increasing demands on us parents during this current lockdown.

Checking in on your family, friends and colleagues during the coronavirus outbreak is more important than ever. For those of you who may not be aware 4th Feb 2021 is 'Time to Talk' day.

Lots of us have felt worried about the coronavirus pandemic, and everyone will feel differently about the changes to lockdown restrictions.

If someone's feeling anxious or worried, you don't need to be an expert on mental health to support them. Think about using these three top tips:

1) Check in

If someone doesn't feel ready to talk face-to-face, picking up the phone, having a video call, starting a group chat or messaging someone on social media lets them know you are there to talk and ready to listen.

2) Listen and reflect

Whether you have a mental health problem or not, this will be a challenging time for our mental health and wellbeing. If someone opens up to you, remember that you don't need to fix things or offer advice. Often just listening, and showing you take them seriously, can help someone to manage.

3) Ask questions

Ask how people are managing, and ask again if you're worried they aren't sharing the full picture. Asking again, with interest, can help someone to open up and explore what they're feeling. Mental health conversations have the power to make a big difference. Whether it's a quick text to a friend, a virtual coffee morning with colleagues, or a walk with someone you live with - it has the power to make a difference.

Please do continue to email us at wellbeing@wildern.org if you would like to see some suggestions of websites you could visit for support or advice in the next newsletter.

Kind regards
Mrs Thomas
Head of Student Services

'Every Mind Matters, Every Person Counts'

10 ways to look after your mental health

- Remember it is normal to feel sad, stressed, confused, scared or angry during a crisis
- Maintain a healthy lifestyle as far as you can, including diet, sleep and exercise
- Limit worry by watching or listening to media coverage less
- Don't smoke, drink or use drugs to deal with your emotions
- Keep connected to people by phone, email and social media
- Be kind to others and to yourself
- Get the facts to help you determine your risk and protect yourself
- Seek advice you can trust from the NHS and the Government
- Use skills you already have, and have used in the past to deal with stress
- Structure your day with things that you can realistically achieve

STAYING SAFE ONLINE

It's not always easy to know what's safe online and what's not. Our advice can help you to keep safe and to know what to do when things go wrong.

TIPS TO STAY SAFE ONLINE

There are lots of things you can do to keep yourself safe online.

- Think before you post**
Don't upload or share anything you wouldn't want your parents, carers, teachers or future employers seeing. Once you post something, you lose control of it, especially if someone else screenshots or shares it.
- Don't share personal details**
Keep things like your address, phone number, full name, school and date of birth private, and check what people can see in your privacy settings. Remember that people can use small clues like a school logo in a photo to find out a lot about you.
- Watch out for phishing and scams**
Phishing is when someone tries to trick you into giving them information, like your password. Someone might also try to trick you by saying they can make you famous or that they're from a talent agency. Never click links from emails or messages that ask you to log in or share your details, even if you think they might be genuine. If you're asked to log into a website, go to the app or site directly instead.
- Think about who you're talking to**
There are lots of ways that people try to trick you into trusting them online. Even if you like and trust someone you've met online, never share personal information with them like your address, full name, or where you go to school. [Find out more about grooming.](#)
- Keep your device secure**
Make sure that you're keeping your information and device secure.
- Never give out your password**
You should never give out your password or log-in information. Make sure you pick strong, easy to remember passwords.
- Cover your webcam**
Some viruses will let someone access your webcam without you knowing, so make sure you cover your webcam whenever you're not using it.

childline
ONLINE, ON THE PHONE, ANYTIME
Call 0800 1111

Childline has launched a new campaign called - Nobody is Normal - which aims to help children understand that lacking in confidence, feeling not good enough or that you don't fit in, is a shared experience. Statistics show that Childline has delivered 42,953 counselling sessions to children about their mental and emotional health across the UK since lockdown was first put in place. Figures also show that the monthly average number of Childline counselling sessions about eating and body image disorders increased by 32% on the pre-lockdown average; and the monthly average number of sessions about sexuality and gender increased by 16% compared with the pre-lockdown average.

To find out more about the Nobody is Normal Campaign • [Click here](#)

Mermaids has been supporting transgender, nonbinary and gender-diverse children, young people, and their families since 1995.

Over the years, we've seen many changes in the language and understanding surrounding gender issues but one thing remains the same: transgender, nonbinary and gender-diverse children deserve the freedom and confidence to explore their gender identity whatever their journey takes them, free from fear, rejection and discrimination.

Back at the start, we were a small group of concerned parents sitting around the kitchen table, coming together to share experiences, find answers and look for ways to keep our children safe and happy.

Today, Mermaids has evolved into one of the UK's leading LGBTIQ+ charities, empowering thousands of people with its secure online communities, local community groups, helpline services, web resources, events and residential weekends.

Worried about a child?

Contact our trained helpline counsellors for help, advice and support.

help@nspcc.org.uk
0800 800 5000

Report a concern

More advice and support

- Coronavirus (COVID-19) advice and support for parents and carers**
- What are children saying to Childline about coronavirus?**
- Depression, anxiety and mental health**

Hampshire and IOW CYP Crisis Line

Monday, Tuesday, Wednesday and Thursday 8:00pm to 8:30pm

Telephone and email support for Children and Young People aged 11 - 17 years old

Who are experiencing mental health crisis and living in Hampshire or the Isle of Wight.

Freephone: 0300 303 1598
cypcrisisline@eashantsmind.org

Immediate access to...

- One to one confidential, emotional support
- Advice on healthy coping skills and resources
- Signposting to useful apps and websites

KEYCS
Eastleigh Youth Counselling Services

Counselling

It is often hard to discuss your worries or anxieties with close family or friends. The Teenage Drop-In Centre can help by offering free confidential counselling by a trained counsellor. ...

NHS Hampshire Child and Adolescent Mental Health Service

Worried Your Child May be Addicted to Gaming...?



hopeagain

young people living after loss

Hope Again is the youth website of Cruse Bereavement Care. It has been created for young people, by young people. It offers support, advice and a type of signposting service, solely online to children and young people who have lost a loved one/s. They aim to break the isolation that grief brings, by providing a space for young people to explore their grief and feel less alone

• [Read More](#)

mind for better mental health

Coronavirus and your mental health - for young people

MIND provides information and support to help you cope during the Coronavirus pandemic.

• [Read More](#)



ChildLine
0800 1111

Life has its ups and downs
You can talk to us online or by phone whenever you need to
Whichever your way, it's better out than in
www.childline.org.uk

Box Breathing Technique

ONE ADJUSTMENT

Inhale, Hold, Exhale, Hold for equal amounts of time
Try 2, 3, 4 or 5 seconds

Calms Stress Levels
Lowers Blood Pressure
Reduces Anxiety
Improves Sleep
Clears the Lungs

parent INFO
FROM COP AND PARENT ZONE

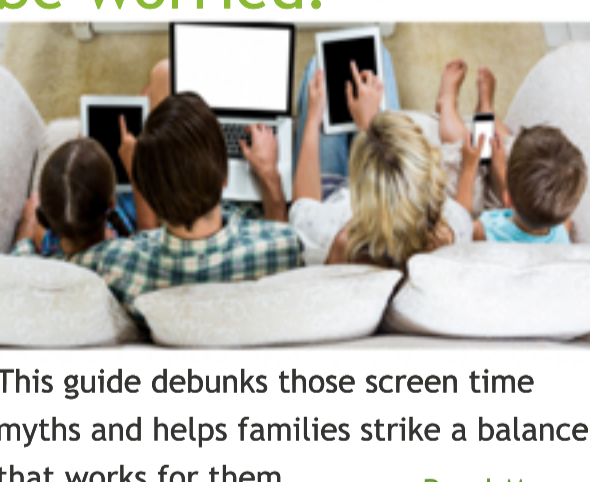
Surviving family life under lockdown



Suggestions from top experts to help families best adjust to the new situation.

• [Read More](#)

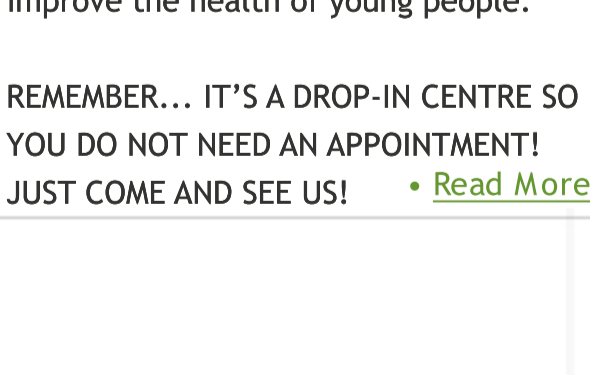
Where can your child get mental health support online during lockdown?



Signposting and resources to help families continue to support their child's emotional wellbeing during this time of uncertainty.

• [Read More](#)

Screen Time: Should I be worried?



This guide debunks those screen time myths and helps families strike a balance that works for them.

• [Read More](#)

YPWS
Young Peoples Wellbeing Service

TADIC is run by doctors, counsellors, nurses and receptionists who seek to improve the health of young people.

REMEMBER... IT'S A DROP-IN CENTRE SO YOU DO NOT NEED AN APPOINTMENT JUST COME AND SEE US!

• [Read More](#)

CAMHS Resources Apps

Here is a collection of APPS that are designed to support young people, adults and families with their mental health and well being. Some of these do need a paid subscription to use them while others have been made freely available during the Covid situation.

- Stop Breathe Think
- Virtual Hope Box
- Clear Fear
- Combined Minds
- Calm
- MEE TWO
- Check In
- 1 GIANT MIND
- What's Up?
- No OCD
- SafeSpot
- MY3
- MoodKit
- Feel Good Teens
- Think Heads
- Teens
- Chill Panda
- UIM