



## A Space for Support

### Information for children & young people

Although schools are now closed because of the coronavirus, help is still on offer. If you're feeling unusually worried, do share this with school staff. You can also ask your school to arrange a telephone conversation with someone from A Space.

**A Space for Support** is offering telephone counselling to a number of schools. This gives students the opportunity to explore what's making them most anxious including how coronavirus is affecting them and their family. If A Space telephone counselling isn't offered by your school, there are many other sources of help which we have listed further down in this handout.

### Coronavirus

As none of us have experienced Coronavirus before, we are bound to feel some anxiety about it. This is a normal response, and finding out facts from trusted sources can help:

#### **BBC Newsround**

<https://www.bbc.co.uk/newsround/51204456>

Facts and up to date News aimed at young people's interests and concerns

#### **youngminds.org.uk**

Lots of information about mental health and anxiety and currently publishing a Coronavirus blog

#### **www.place2be.org**

Currently publishing a Coronavirus blog

#### **https://www.brook.org.uk/**

advice and information on any issues affecting your wellbeing including more practical issues such as contraceptives sexual issues and sexual health in general. Includes a section on Coronavirus

## Local Services offering Help and Advice about issues affecting you.

#### **OFFCENTRE**

[www.family-action.org.uk/what-we-do/children-families/off-centre/](http://www.family-action.org.uk/what-we-do/children-families/off-centre/)

Counselling and support for young people 16-25 in Hackney including a weekly drop in service

#### **YOUNG HACKNEY**

<https://www.younghackney.org/>

Information advice and support for young people in Hackney.

## National Phone and Online Services for young people

[www.childline.org.uk](http://www.childline.org.uk) Help for any young person up to their 19th birthday on the phone or online. Ring for confidential telephone counselling on **Freephone 0800 1111**, or contact [childline.org.uk](http://childline.org.uk) for safe online chat or email service.  
The website has information on a huge range of topics concerning young people

**www.kooth.com**

Free, safe and anonymous online chat and support for young people

**www.mosaicyouth.org.uk**

Londons hub for LGBT + Young people

**www.al-anonuk.org.uk/alateen/**

Alateen is a service that offers counseling and advice for teenage relatives and friends of alcoholics. Alateen is part of Al-Anon.

**http://chillpanda.co.uk/**

Website which helps you beat stress and anxiety

**https://www.hopeagain.org.uk/**

Information advice and support for young people when someone close to you has died

## Helpful Apps

**Blue Ice**

**https://www.nhs.uk/apps-library/blueice/**

Blueice is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm.

It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.

**Catch it**

**https://www.nhs.uk/apps-library/catch-it/**

An app that helps you learn how to manage feelings like anxiety and depression. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

**Mee Two**

**https://www.meetwo.co.uk**

MeeTwo is an award winning free fully moderated app for young people, which provides peer support, expert help, inbuilt educational and creative resources as well as in app links to UK charities and helplines. MeeTwo is a neutral space which allows young people to experiment with what it feels like to open up without drawing attention to themselves while positive feedback and social support builds confidence, increases wellbeing and promotes emotional resilience.

## Stay positive!

We are all in this together however there is an end in sight. Schools will re-open and life will return to normal. In the meantime, stay in touch with your classmates and with school. We can get through this if we support each other and stay positive!

***Warm wishes from the A Space team.***