



Wellbeing- Students/Carers and Parents:

Please find detailed some resources that you may find useful to maintain the wellbeing of yourself, friends and family during these unprecedented times.

To support your wellbeing it is so important to have some routine to your day, to get up washed and dressed, keep to meal times and plenty of creative activities as well as doing some study and exercise.

Now may be the time to learn something new, create a scrap book of 'your time during Corona virus 2020' to document the situation for when you are older to look back on and share with others. Or, set up an online activity, report or join an online club of your interest.

There are a combination of apps, help lines and online resources from the list below.

Wellbeing- students



Great website with many resources; see below

<https://www.actionforhappiness.org/calendars>

<https://www.actionforhappiness.org/coping-calendar>

<https://www.actionforhappiness.org/mindful-march>

<https://www.actionforhappiness.org/friendly-february>



Apps for meditation/mindfulness and would recommend 'Calm' . You Tube also has some guided meditation and mindfulness, they're good.



The Headspace app is a mindfulness app. At the moment they have a free section 'weathering the storm' which have meditation and work-out exercises.



HeadScape App to also support mental wellbeing. Relaxation, breathing exercises and managing anxiety resources.



**Bexley Clinical Commissioning Group (CCG):
Kooth Online Counselling Service for all 11 – 19 years in Bexley**

Kooth is created by xenzone so you can access it via: www.xenzone.com Students have fed back that this is a really good support service for the area.



www.beateatingdisorders.org.uk tel: 0808 8010677



www.youngminds.org.uk



Great phone support

National Autistic Society www.autism.org.uk helpline/contact for parents, carers and young people.

Don't forget PE lessons with Joe Wickes on YouTube daily at 9am! You can access these sessions outside of this time and are good fun and intense!

Family Support:

(General support, internet security, food banks and medical information)

Family Lives has a confidential helpline and support



Listening, supportive and non-judgemental

www.familylives.org.uk 0808 8002222



www.mind.org.uk



www.ceop.police.uk



factsheets at: <https://www.who.int/>



www.nhs.uk have apps for mental health, change for life and Live well for depression, stress and anxiety.



<https://Bexley.foodbank.org.uk>

They will have your nearest local food bank listed on this site.