



Looking after your wellbeing

This is now the third lockdown in a year and the stresses and strains that we have all experienced in this pandemic are likely to be more heightened this time due to the time of year and the weather. However, we all need to look after ourselves and each other,



There continues to be lots of fantastic information being shared online to support young people and their families. Mind have posted extensive information on how to keep yourself safe and well during this time.

YOUNGMINDS

The voice for young people's mental health and wellbeing

The importance of protecting your own mental health and that of your child(ren) is just as important as supporting their physical health during these unprecedented times. Recognising the signs that someone may be struggling with their mental health can be really hard.



Golden rules of staying safe online

Due to the ongoing increase in children accessing social media during the lockdown period, parents are reminded about the need to monitor their child's activity online. Please speak to your child about the 5 golden rules of staying safe online:

1. Don't post any personal information online, like your address, email address or mobile number.
2. Think carefully before posting pictures or videos of yourself.
3. Keep your privacy settings as high as possible.
4. Never give out your passwords.
5. Don't befriend people you don't know

Stay Safe Online

- 1 Keep your personal information safe
- 2 Protect your password
- 3 Remember that not everyone online is who they say they are
- 4 Never agree to meet up with anyone you have met online
- 5 Never open emails from people that you don't know
- 6 Check your privacy settings
- 7 If you use social networking sites, remember that it's not a game to add as many people as you can to look more popular!
- 8 Think carefully before uploading photos
- 9 Always ask permission to use the internet and ask an adult which websites you can visit
- 10 If you see anything on the internet that makes you feel uncomfortable, tell an adult that you trust.



Where can I get help?

Your GP

Young Minds provides advice and support on a range of topics affecting children. Parents Help Line on 0800 802 5544 (Free Monday to Friday 9.30 to 16.00) www.youngminds.org.uk/

Childline 0800 1111 www.childline.org

Emotional Wellbeing and Mental Health Service (EWMHS) 0300 300 1600 (Monday to Friday 9.00 to 17.00)

www.nelft.nhs.uk/services-ewmhs

NSPCC at NSPCC.org.uk

Samaritans call 116123 or email jo@samaritans.org

School Nurse 01702 534843 or via email on: sccg.southendpublichealthnurses@nhs.net

Mind provides advice and support on a range of topics including types of mental health problem, legislation and details of local help and support Phone: 0300 123 3393 (weekdays 9am - 6pm) www.mind.org.uk/

Mental Health Foundation provides a guide to Mental Health problems, topical issues and treatment options via their website.

<https://www.mentalhealth.org.uk/>

SANE provides confidential emotional support and information to anyone affected by mental illness. It also provides a resource for anyone affected by suicide. Phone: 0300 304 7000 (4.30 - 10.30pm daily) www.sane.org

Rethink Mental Illness offers practical help and information for anyone affected by mental illness on a wide range of topics such as The Mental Health Act, living with mental illness, medication and care. Phone 0300 5000 927 (Mon-Fri 9.30am-4pm) www.rethink.org

Young Carers at www.carers.org or YoungCarers@southendcarers.co.uk
24 hour National **Domestic Abuse** Helpline 0808 2000 247

NEVER ALONE

NSPCC 0808 800 5000 (24hrs)

National Domestic Abuse Helpline 0808 2000 247 (24hrs free)

Mind 0300 123 3393 (Mon-Fri 9-6)

Victim Support 0808 168 9111 (24hrs)

Cruse Bereavement 0800 808 1677 (Mon-Fri 9-5)

ChildLine 0800 1111 (24hrs)

Action on Elder Abuse 0808 808 8141 (Mon-Fri 9-5)

Respect - Men's Advice Line 0808 801 0327 (Mon-Fri 9-5 or 8pm)

Samaritans 116 123 (24hrs free)

National Centre for Domestic Violence 0207 186 8270

Support for parents and carers

Net Aware - A no-nonsense guide to the social networks, sites and apps children are using.

Share Aware - have teamed up with O2 to help you keep your child safe on social networks, apps and games. Read their advice on how to Be Share Aware.

Online safety advice - Whether you're an online expert or you're not sure where to start, their tools and advice will help you keep your child safe.

Parent Info - A website for parents about life online.

ThinkUKnow - A website from National Crime Agency's CEOP Command about keeping children and young people safe on the internet.

UK Safer Internet Centre - Promote the safe and responsible use of technology for young people.

Internet Matters - A site to help empower parents and carers to keep children safe in a digital world.



Online Safety

Follow the SMART rules to help stay safe online.

- S** Stay **safe** online by not sharing your personal information.
- M** Do not **meet** anyone who you have only become friends with online.
- A** Do not **accept** messages and friend requests from people you do not know.
- R** Not everything online is **reliable**. People online are strangers and you can't always trust everything they say.
- T** Tell an adult you trust if anything happens online that you do not like.

STAY ALERT **CONTROL THE VIRUS** **SAVE LIVES**