

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Useful Agencies and Charities

Childline

The Childline website has information and support for any young person worried about Coronavirus and being away from school. It also offers guidance on how to look after yourself from a health perspective both physically and mentally and what you can do to ease any boredom

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

Forward Thinking Birmingham

The city's mental health partnership for 0 – 25 year olds.

Referrals can be made by anyone, it is an online step by step referral and you will need GP details in order to complete

<https://www.forwardthinkingbirmingham.org.uk/make-a-referral>

Forward Thinking Birmingham PAUSE

The city's mental health drop in and over the phone support service

<https://www.forwardthinkingbirmingham.org.uk/services/13-pause>

Young Minds

The UK's leading charity fighting for children and young people's mental health

<https://youngminds.org.uk/>

Useful Agencies and Charities

Local Charities

Find your local support charities that 'should' be open or at least running limited services while we're off

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

The Waiting Room

Birmingham and Solihull Health and Wellbeing services at your fingertips

<https://www.the-waitingroom.org/sf>

Turn to Us

Use our free and easy-to-use Benefits Calculator and Grants Search tools to check what benefits you might be able to claim and what grants you might be able to apply for

<https://www.turn2us.org.uk/Get-Support>

Gingerbread

The charity supporting single parent families to live secure, happy and fulfilling lives

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

Infectious disease outbreaks, like the current Coronavirus (COVID-19), can be scary and can affect our mental health. While it is important to stay informed, there are also many things we can do to support and manage our wellbeing during such times



Try to avoid speculation and look up reputable sources on the outbreak

You can access reliable information on the website below.

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Try to stay connected to friends and family

Using the telephone, email or social media

Talk to your children

Discuss the news with them but try to avoid over-exposure to coverage of the virus

Continue accessing treatment and support where possible

Ask about having appointments over the phone rather than face to face

Eat healthy and stay hydrated

How food can affect your mood

<https://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/about-food-and-mood/>

School Contact Information



Please feel free to contact us at school if you have any concerns or wish to discuss any safeguarding matters in more detail.

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