

# #Coping

## Young person's guide

How to look after your mental health and emotional wellbeing during the coronavirus outbreak



Looking after your mind as well as your body is really important. At the moment, because of the coronavirus (COVID-19) pandemic, we are all dealing with a lot of uncertainty and frustration. It's easy to feel a bit overwhelmed and worried by everything you're hearing about COVID-19, and that's completely normal.

There are resources available to help children and young people look after their mental health. In this guide we list some of the best self-help websites and apps out there – they are all free and trustworthy. If you do need more help, you are not alone – we've included information about a range of national helplines and local services that you can turn to.

### Helpful websites – coronavirus and mental health

A number of organisations have published guidance on mental health considerations relating to the coronavirus outbreak.

YoungMinds	Lots of tips and information on looking after your mental health while you're self-isolating or practicing social distancing.	<a href="#">click here</a>
	What to do if you are feeling anxious at the moment.	<a href="#">click here</a>
Childline	Tips on how to cope during lockdown and help for if you are worried.	<a href="#">click here</a>
The Children's Society	Support if you are struggling with any aspect of your mental health during the COVID-19 crisis.	<a href="#">click here</a>

### Helpful websites – mental health in general

These resources are not specifically about the COVID-19 pandemic, but contain lots of good tips on looking after your mental health that you can try out straight away. Hopefully you'll continue to use them after the coronavirus crisis is over.

Anna Freud	A complete A-Z of strategies and activities to help you look after your emotional wellbeing.	<a href="#">click here</a>
YoungMinds	Information about coping with mental health issues, including feelings and symptoms, looking after yourself and how to get help.	<a href="#">click here</a>
The Children's Society's mental and emotional health resource vault	Full of age-specific advice on issues that may be worrying children and young people.	<a href="#">click here</a>
Childline's Calm Zone	Features lots of breathing exercises, activities, games and videos to help you let go of stress.	<a href="#">click here</a>

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