

Where can I find support for my mental health at this time?

- Contact your Health Visiting team. Contact information is detailed in your Personal Child Health Record (red book) or can be found on the Southern Health Website: <https://www.southernhealth.nhs.uk/services/child-health-services/health-visiting>
- The Health Visiting team continue to be here to support you if you have worries about your baby/child or yourself. This is a difficult time therefore please contact us for additional support if you need it.
- Phoning 111 or online at <https://111.nhs.uk/> for support for mental health
- Speak to your GP. Contact your local GP to arrange an appointment
- Samaritans 24 hrs a day on 116 123 or email support on jo@samaritans.org (response within 24 hrs)
- Shout Crisis Text Line- Text SHOUT to 85258 to text with a trained crisis volunteer 24/7. <https://www.giveusashout.org/>
- PANDAS charity for perinatal mental illness offer free telephone support Mon-Sun 9am-8pm on 0808 1961 776 or by email on info@pandasfoundation.org.uk (response within 72 hours)
- Helpful ways of mindfulness including online community chat groups <https://www.mindfulnessexercises.com/community>
- <https://www.nhs.uk/oneyou/every-mind-matters/>
- Coronavirus sanity guide - <https://www.tenpercent.com/coronavirussanityguide>
- General info about Postnatal depression <https://www.nhs.uk/conditions/post-natal-depression/>
- Italk: online support and access to service: <https://italk.silvercloudhealth.com/signup/>
- Support for children and young people including advice for carers. <https://youngminds.org.uk/>

- Anxiety UK - advice and helpline – 03444 775774 (9:30am – 10pm Mon – Fri 10am – 8pm Sat & Sun) or text support on 07537 416 905. There is also regular online support groups you can register for www.anxietyuk.org.uk/coronanxiety-support-resources
- Mind - Coronavirus and your wellbeing <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing>
- Mental Health Foundation - Looking after your mental health during coronavirus outbreak <https://www.mentalhealth.org.uk/coronavirus>
- OCD Action - phone support – 0845 390 6232
- Child and Adolescent Mental Health Service (CAMHS) <https://hampshirecamhs.nhs.uk>
- Place2Be Talking to children about coronavirus <https://www.place2be.org.uk/coronavirus>
- Big White Wall – A safe community to support your mental health <https://www.bigwhitewall.com/>
- Support for fathers - <https://dadmatters.org.uk/>
- Support for Fathers in Hampshire - DadPad- <https://thedadpad.co.uk/>
- Support for males struggling with mental health - <https://ittakesballstotalk.com/>
- Information available about mental health and about children’s health at: Wessex Healthier Together website - <https://whato-18.nhs.uk/>
- Guidance for coping with a baby who is crying <http://iconcope.org>
- Homestart is a charity that provides support to parents and children – https://www.home-start.org.uk/?gclid=EAlalQobChMI66LYyK-I6QIVEO7tCh2H4gFFEAAYASAAEgITgFD_BwE
- Hampshire Lanterns Peer Support group. Facebook group for women who have experienced mental health problems <https://hampshirelanterns.com/contact-us>

If you feel suicidal or feel like you will harm yourself or others: Call 999 or attend your nearest accident and emergency department.



Where can I find out about changes to services during this time?

Health Visiting

We aim to offer the best service to our families at this unprecedented time.

For health visiting contacts, we will be in contact with you as we would normally and will discuss with you, over the phone, whether a home visit is necessary and if you are symptom free of COVID-19.

If you have already received an appointment letter we will contact you to discuss whether this will now be a face to face or telephone contact. If you are concerned that your baby is not gaining **weight** then we will have a phone conversation with you to assess feeding and your baby's health and can organise a socially distanced weighing if we feel that it is necessary.

We are here to support with worries about your baby/child but also yourself. This is a difficult time for all of us emotionally and can be quite overwhelming. **Do not suffer alone, please call for support. The offices are being manned so please call your usual Health visiting number for any advice.**

We also have our **CHAT Health** text advice line on 07520 615720. This service is provided by a duty Health Visitor 9-4 Mon-Fri. We offer general Health Visiting advice and can signpost you to other services if necessary.

Hampshire Healthy Families website- <http://www.hampshirehealthyfamilies.org.uk/> with our partner Barnado's has information and resources that will be kept up to date at this time. This includes details about online groups to support parents at this time.

Infant Feeding advice is available via Chat Health, your health visiting service and also by contacting The National breastfeeding helpline on 0300 100 0212 (09:30 am to 09:30 pm every day)
www.nationalbreastfeedinghelpline.or.uk

General parenting advice - <https://ihv.org.uk/families/top-tips/>

Immunisations – the programme is still running as it is very important: please check with individual surgeries

Is there any support whilst my children are off school?

Information is available on the Hampshire County Council website about changes in services during the current Covid-19 situation. <https://www.hants.gov.uk/socialcareandhealth/coronavirus#impacted-services>.

School Nurse ChatHealth text chat service offering advice and support to 11-19 year olds - 07507 332160 (Monday to Friday 9 am – 4pm)

Home school resources

Nursery and Preschool/Early Years

- <https://www.redtedart.com>
- Cbeebies Radio <https://www.bbc.co.uk/cbeebies/radio> (Listening activities for the younger ones.)
- <https://naturedetectives.woodlandtrust.org.uk/naturedetectives/activities/?fbclid=IwAR1LsIILM15BYMoYZcvb4G8-U2jty7GfaHuTosKcoBmOOxjXchJhzzL-6l8>
- The Imagination Tree <https://theimaginationtree.com> (Creative art and craft activities for the very youngest.)
- www.phonicsplay.co.uk (Currently free to use with username: march20 and password: home)
- www.bbc.co.uk/cbeebies/shows/numberblocks (Ideas for counting and games with numbers)
- www.bbc.co.uk/cbeebies/shows/alphablocks (Letters and phonics)
- www.teachyourmonstertoread.com (Website is free, pay for app)
- Drama Tots UK go on an drama adventure in your own living room – free live session each weekday 10am 18months to 5 years – on Facebook
- Maddie Moate (CBeebies) Go Live sessions each week (Monday) 11am on Youtube: www.youtube.com/watch?v=b7bi3xOZpaM

Key Stage 1 and 2

- Oxford Owl for Home <https://www.oxfordowl.co.uk/for-home/> (Lots of free resources for Primary age)
- <https://naturedetectives.woodlandtrust.org.uk/naturedetectives/activities/?fbclid=IwAR1LsIILM15BYMoYZcvb4G8-U2jty7GfaHuTosKcoBmOOxjXchJh2zL-6l8>
- <https://www.redtedart.com>
- <https://www.bbc.co.uk/bitesize/levels/zbr9wmn> - Blue Peter Badges
- <https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges> (If you have a stamp and a nearby post box.)
- <https://world-geography-games.com/world.html>
- Crash Course Kids <https://m.youtube.com/user/crashcoursekids> (For a young audience)
- <https://ttrockstars.com> Times Tables Rockstars
- National Geographic Kids <https://www.natgeokids.com/uk/> Activities and quizzes for younger kids.
- <https://scratch.mit.edu/explore/projects/games/> (programming and coding)
- Prodigy Maths <https://www.prodigygame.com>
- Toy Theater <https://toytheater.com/> Educational online games
- Blockly <https://blockly.games> Learn computer programming skills - fun and free.
- <https://www.dragonbox.com/community/resources>
- www.ictgames.co.uk ICT games for literacy and maths
- Premier League Stars www.plprimarystars.com Videos and activities to support with Maths, Literacy, PHSE and PE
- BBC Supermovers www.bbc.co.uk/teach/supermovers Interactive videos to support with KS1 and KS2 Maths, Literacy, PHSE and PE learning.

Older Children

- <https://classroommagazines.scholastic.com/support/learnathome/grades-6-12.html>
- Big History Project <https://www.bighistoryproject.com/home> Aimed at Secondary age. Multi disciplinary activities.
- iDEA Awards <https://idea.org.uk> Digital enterprise award scheme you can complete online.
- Crash Course <https://thecrashcourse.com> You Tube videos on many subjects
- Seneca <https://www.senecalearning.com> For those at GCSE or A level. Lots of free revision content. Paid access to higher level material.
- Futurelearn <https://www.futurelearn.com> Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).
- Openlearn <https://www.open.edu/openlearn/> Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.

Applicable for all

- <https://www.twinkl.co.uk>
- www.topmarks.co.uk
- BBC Learning <http://www.bbc.co.uk/learning/coursesearch/> - This site is no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision.
- <https://www.khanacademy.org/>
- Crest Awards <https://www.crestawards.org> Science awards you can complete from home.
- <https://themumeducates.com/>
- Tinkercad <https://www.tinkercad.com>
- British Council <https://www.britishcouncil.org/school-resources/find> Resources for English language learning
- The Kids Should See This <https://thekidshouldseethis.com> Wide range of cool educational videos
- Mystery Science <https://mysteryscience.com> Free science lessons
- Ted Ed <https://ed.ted.com>
- Free stories for kids of all ages : www.stories.audible.com/start-listen
- <https://www.worldofdavidwalliams.com/elevenses/>
- <https://www.british-sign.co.uk> - sign language classes free for under 18's
- https://www.aspire-sports.co.uk/aspire-active-hub?fbclid=IwAR1EiKRwn5LCsCMr7sx36_P5me22FW9xEZFgk8vjsbfwjYYlxpCoPVAwpjs - Active Hub of free resources

Fun for All

- The Artful Parent <https://www.facebook.com/artfulparent/> Good, free art activities
- <https://www.tinkergarten.com/activities> Great resource for simple DIY activities that can be broken down into times, ages and skills
- <https://m.youtube.com/thebodycoachtv?uid=AxW1XToiEJooTYIRfn6rYQ> Daily PE/work out for children (and parents) on YouTube. PE with Joe.
- <https://stories.audible.com/start-listen> Free stories for children of all ages.
- Duolingo <https://www.duolingo.com> Learn languages for free. Web or app.
- <https://www.spreadthehappiness.co.uk/product/100-things-to-do-indoors/>
- www.youtube.com/user/CosmicKidsYoga Yoga videos designed for kids age 3+
- Go Noodle – You Tube (Hundreds of 'brainercise' dancing, strength and mindfulness videos as well as videos just for fun) www.youtube.com/user/GoNoodleGames/featured
- https://www.gruffalo.com/activities/activities?fbclid=IwARoXS7KgUM_gQOSzxAG9rGdNSI_M3t7FM_b4awvupZ4xutAAguqbTTPGD6ll - Gruffalo themed activities
- The scouts have released 100 free things to do at home - <https://www.scouts.org.uk/the-great-indoors>
- Self care activities for children and young people : <https://www.annafreud.org/on-my-mind/self-care/>
- @National Marine Aquarium – shark feeding Wednesday on facebook – daily an www.ptlibrary.org

- Cbeebies – Andy’s wild workouts - https://www.bbc.co.uk/programmes/po6tmmvz?fbclid=IwAR1ofSwyrJZBOXJnKOOeOH_pidGnc4Gu_jvfGa3-iQ3yDMYxHon8iSHXR51M
- Hobbycraft daily craft club

Days to remember

Tuesday - 9:30am – Silly Sports and Forest school – Mama Tribe

Tuesday - 10:30am - Dandy Development facebook live

Tuesday - 2:00pm – Kids Ballet – Mama Tribe

Wednesday – Didi Sports – Mama Tribe - 2:00pm

Thursday – Kid’s French – Mama Tribe – 9:30am

Thursday – Kid’s Musical Dots – Mama Tribe – 2:00pm

Saturday – Kids entertainer – Mama Tribe – 4:00pm

How can I maintain my own mental wellbeing during this difficult time?

During these times it is really important to allow space for self-care. Try to view this time as a challenge and not a crisis. Use it to make a positive difference to your life by enjoying pastimes you don’t usually have the opportunity for and to catch up with those tasks you are always meaning to do.

Some ideas to get you started:

- Reading books- Hampshire Libraries have resources online
- Listening to music
- Cooking/ Baking
- Organise virtual gatherings with your friends using online platforms such as Zoom or Houseparty
- Playing games- board games, games on your phone, puzzles (eg Sudoku)
- Organise your home – Team TOMM have a bootcamp where you can follow the method to totally blitz your home - <https://www.theorganisedmum.blog/2017/06/26/1-week-boot-camp-for-when-youve-lost-control-of-the-housework/>
- Do the jobs you have always been meaning to do – organise photos, sort out the drawer you have been meaning to organise

- Gardening
- Do your nails, take a long bath and the other things you never get chance to do in your normal busy life
- Learn a craft on YouTube – knitting, crocheting, needle felting
- Singing – many choirs are meeting online – e.g. Monday - 8:00pm Pop Choir free on Mama Tribe on Facebook or the Sofa Singers free on a Friday at 11:00am
- Gratitude journal/ focus on positives
- Bullet Journaling -
<https://www.goodhousekeeping.com/life/a25940356/what-is-a-bullet-journal/>
- Watch boxsets – Netflix, amazon prime, order some dvd's online
- Honest Guys guided sleep meditation on YouTube are great for relaxing and helping with sleep



Exercise

- Go for a run – couch to 5k
- <https://www.downdogapp.com/healthcare> free for healthcare staff
- <https://www.nhs.uk/live-well/exercise/free-fitness-ideas/>
- <http://www.wvactive.com/activities/home-workouts.html>

Monday

8:30am – Fast Fitness – Mama Tribe free on Facebook

Tuesday

11:00am – Zumba – Mama Tribe free on Facebook

Wednesday

7:30am - HIIT – Mama Tribe free on Facebook

7:00pm – Yoga – Mama Tribe free on Facebook

Thursday

11:00am - Pilates – Mama Tribe free on Facebook

Friday

9:00am - Work out like a Mama – Mama Tribe free on Facebook

11:30am - Focus and Wellbeing – Mama Tribe free on Facebook

Saturday

2:00pm - Baby Massage – Mama Tribe free on Facebook

Sunday

10:00am - Taking Back Control – Mama Tribe free on Facebook

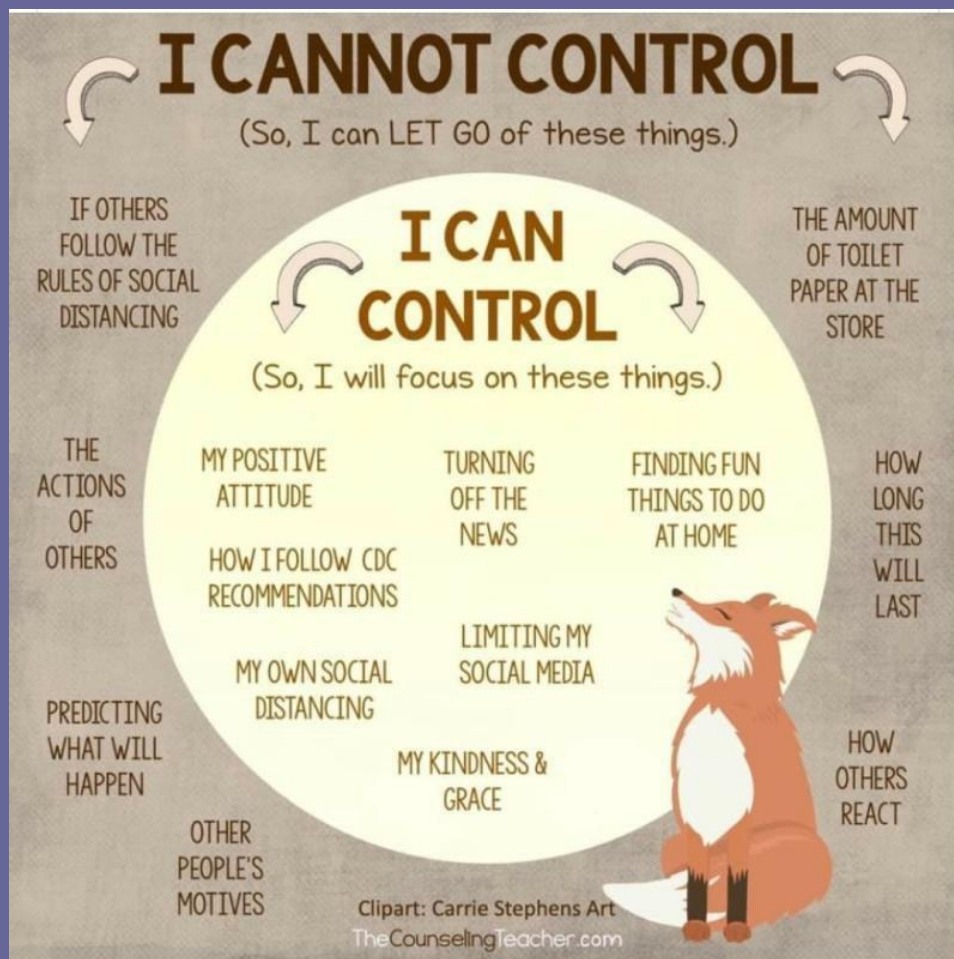
8:30pm - Stretch & Relax – Mama Tribe free on Facebook

Free mental health printable's:

- <https://mentalhealthprintables.com/product-category/free/>
- <https://www.getselfhelp.co.uk/freedownloads2.htm>
- <https://www.bestcoloringpagesforkids.com/mindfulness-coloring-pages.html>
- <https://www.justcolor.net/>

Useful apps:

- Calm
- Head space
- Worry tree
- Acceptance and Commitment Therapy – access to their app is currently free



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