



Taking care of your mind

Advice and information for young people

The COVID-19 pandemic has changed our daily lives and habits and it's normal to find things a little harder than usual or to feel a little low or lonely.

The good news is that there's a lot that you can do to feel better, and many tools and organisation that can help.

Coronavirus and your wellbeing

[Mind](#) and [Young Minds](#) have some advice and information on how to to keep healthy and stay mentally strong during the coronavirus pandemic. These include top tips on how to keep in touch with friends and family, deal with anxiety and low mood, and take care of both your mental and physical wellbeing.

If you are feeling anxious or are finding it difficult to adapt to all the changes, you can also try out some of Unicef's top 6 strategies:

- recognise that feeling anxious is perfectly normal
- create distractions such as watching a movie or reading a novel
- find new ways to connect to your friends, but remember to stay safe online
- focus on you: think about all the things that you've always wanted to do but never got the time to, such as learning something new or start a new book: have a look the stay at home [Library of things to do](#) for some inspiration!
- feel your feeling and find a way to express them, for example by talking to other or through creative arts
- be kind to yourself and others: now more than ever we need to be thoughtful about what we share or say that may hurt others

Where to go if you need support

If you feel you are struggling, or even if you just want to talk to someone, help is available:

- [The Nest](#) provides free and confidential mental wellbeing advice and support for young people in Southwark
- ChatHealth, If you are 11 to 19 years old, you can text your school nurse anonymously for free, confidential advice: 0750 733 2150

- the [Big White Wall](#) is free and available to all Southwark residents aged 16+ and provides 24/7 peer and professional support. Trained counsellors are online at all times and you can also find a range of wellbeing tools to help you self-manage. If you would like to get support, simply enter your Southwark postcode when prompted
- [Kooth](#) is a new online counselling service for children and young people aged 11 to 25 years old to get free, anonymous mental health and emotional wellbeing support
- if you are feeling worried, anxious or stressed you can text “Shout” to 85258 to chat with trained volunteers. This service is active 24/7 and you can find more information on the [Give us a shout website](#)
- [The Mix](#) are support service for young people. They help young people take on challenges they’re facing, such as mental health, money, homelessness finding a job, break-ups and drugs. You can talk to them via online, social or their free, confidential helpline

