



THE PARTICIPATION TEAM

TOP TIPS FOR ADVICE ON MENTAL HEALTH

Lots of the children and young people we work with have told us that they feel anxious, overwhelmed, or stressed by the changes that are taking place once again. What they see on the news every day worries them, so the Participation Team wanted to share some of our favourite resources packed full of tips for staying calm.

Childline

This website is one of our favourites when we're looking for advice on staying calm and controlling stress. Top tips include writing or drawing how you feel, staying active, planning your time, eating healthily and relaxing by doing things you enjoy.

[Click here to go to the Childline website](#)

Mood Spark

This a place where young people aged 10 to 16 can learn how to look after their emotional and mental health. It has lots of ways to help you bounce back when life gets tough.

[Click here to go to the Mood Spark website](#)

Young Minds

If you are at secondary school, you might want to look at the advice from Young Minds about Looking After Your Mental Health whilst isolating. The website is packed full of ideas and strategies to help you when you are feeling anxious or frustrated.

[Click here to go to the Young Minds website](#)

The Mix

Older teenagers might also want to check out The Mix's tips for dealing with Corona-anxiety.

[Click here to go to The Mix website](#)

Anna Freud Organisation

Another of our go to sites is the Anna Freud Organisation 'On My Mind' page. On it you will find lots of strategies for managing your wellbeing and mental health.

[Click here to go to the Anna Freud Organisation website](#)

Let us know if you have found any other resources useful as we would love to share them with other young people. Contact us by emailing VSK_Participation@kent.gov.uk.