EMOTIONAL HEALTH AND WELLBEING SERVICE

NHS

Wellbeing Resources

*To access resources hold down the **Ctrl** button and click the hyperlinks*

Emotional Health and Wellbeing Service

Useful Contacts & Online Services

CCS Children's Services Duty Line: **0300 029 5050**

→ ChatHealth (Parents & Carers): **07520 649 887**

→ ChatHealth (ages 11-19): **07480 635 443**

First Response Service (Mental Health Crisis): **111, Opt. 2**

YoungMinds Crisis Messenger (Young People): **85258**

→ YoungMinds Parents Helpline: **0808 802 5544**

Kooth (Young Peoples Online Messaging Service)

CHUMS: Referrals

Keep Your Head - Young People or Adults

Stop, Breath & Think App

Centre33 (Fullscope): **0333 4141809** / Text: **07514 783745**

Headspace App

Samaritans: **116 123**

Men's Health Forum

CalmHarm App

Anna Freud - On My Mind

Cosmic Kids - Yoga

Healious: Think Ninja App

Fablefy - The Whole Child: Relaxation and Meditation

OCD UK - Support for OCD during Coronavirus

Heads Together - Resources for Wellbeing

DownDog Yoga & Fitness

ChildLine: **0800 1111**

Calm App

Youthoria

Family Lives

Young People's Support

Managing Mental Health

Anna Freud Centre - We All Have Mental Health and Supporting Young People

Explaining Anxiety (Fight/Flight/Freeze) - Teenagers or Children

Mental Health Foundation - Looking after your mental health during the Coronavirus

BACP - Coronavirus anxiety: How to cope if you're feeling anxious about Coronavirus

4-7-8 Breathing Exercise and Progressive Muscle Relaxation

The Children's Society: Mental Health and Coronavirus Info and Support

3 Minute Body Scan Meditation and Mountain Meditation

Mental Health - Break the Stigma

ChildLine - How to Cope with Anxiety

Mind - Coronavirus and your wellbeing

NHS - Every Mind Matters

Talking About Covid-19

FACE COVID - How to Respond Effectively to the Corona Crisis

YoungMinds - What to do if you're anxious about Coronavirus

Nurse Dotty Books - Dave the Dog is worried about Coronavirus

MindHeart - CoviBook (available in multiple languages)

ACAMH - Dr Jon Goldin on the Corona Virus and child mental health

RedCross - Understanding Coronavirus

Carol Gray - Covid-19 Social Story

Explaining Covid-19

BrainPop - Coronavirus Video

Newsround

→ How to cope when you cant go to school because of Coronavirus

→ Advice if you are worried about Coronavirus

National Autistic Society - Coronavirus Support and Information

Babcock - Supporting Schools, Parents/Carers and Pupils

Health and Home

MENCAP - Info about Coronavirus

CarersUK - Info for Carers and Young Carers

Hand Washing and How Germs Spread

Sensory Integration - Handwashing

How to Wash Hands

Delivering excellence in Children and Young People's Services:
a partnership between Cambridgeshire Community Services NHS Trust and
Cambridgeshire and Peterborough NHS Foundation Trust