

## Advice on looking after your health and wellbeing during school closure

To help yourself and your family stay well while you're at home:

- drink plenty of water to stay hydrated- drink enough so your urine is pale and clear
- stay in touch with family and friends over the phone and on social media, to help you avoid feeling lonely
- maintain a consistent sleep routine, wake up early in the morning and go to bed early at night
- your normal routine might be disrupted and that can be stressful. Take some time to write down how you want to spend your day. Creating and sticking to a new routine will give you a sense of order and normality
- try to keep yourself busy - keep your mind active with online learning, reading, cooking, arts and crafts and watching films
- do light exercise, if you feel well enough - use the free NHS App ACTIVE10 activity tracker
- pay attention to how you are feeling, Apps such as Headspace, Calm or Smiling Mind offer mindfulness activities suitable for children and adults
- create a rota - if you're in a situation where lots of people are fighting over who gets to decide what you watch on TV, who cooks and cleans, or anything else, you might find it helpful to create a rota

## Reach out for help

If your living situation is difficult, please don't struggle in silence. Speak to someone you trust. Call a friend or a helpline. If you're worried about being overheard, you could try texting or emailing instead. There are lots of helplines which also offer text and online messenger support.

Get urgent help

- **YoungMinds Crisis Messenger service**

Save YoungMinds Crisis Messenger number on your phone. Text YM to 85258 for free 24/7 mental health support if you are having a mental health crisis.

- **The Mix**

If you're under 25 you can talk to The Mix for free on the phone, by email or on their web chat. You can also use their phone counselling service, or get more information on support services you might need. Freephone: 0808 808 4994 (1pm - 11pm daily)

- **Emergency services (999)**

If you or someone you live with is seriously injured, call 999.

