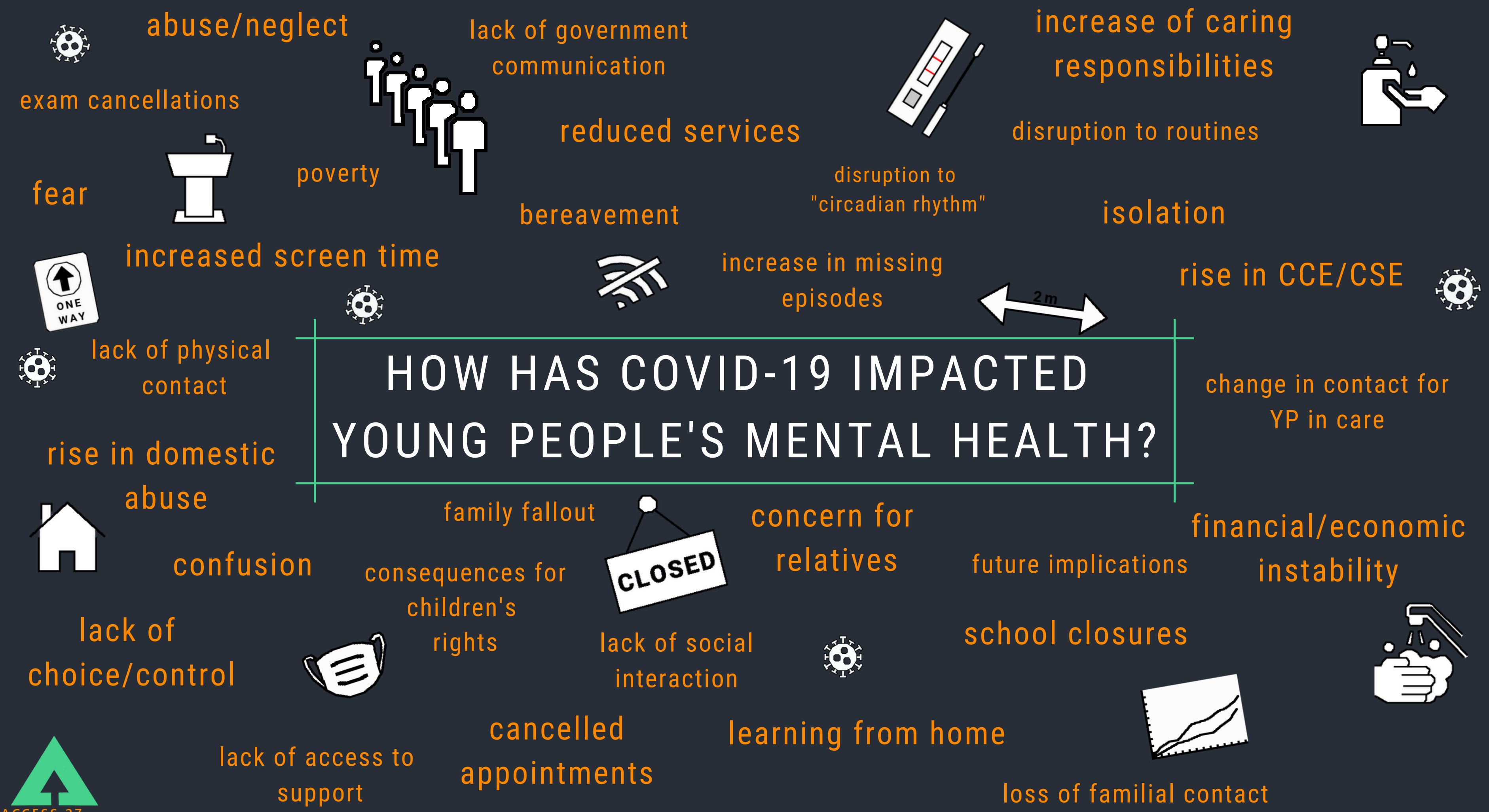


NOTHING ELSE

Exploring the impact of Covid-19 on young people's
mental health

A resource looking at:

- Signs & Symptoms of poor mental health
- Ways to support young people
- Where to signpost
- Tools to support your own wellbeing



SIGNS & SYMPTOMS

PHYSICAL SYMPTOMS



A symptom that you will notice physically on or about a young person.

COGNITIVE SYMPTOMS



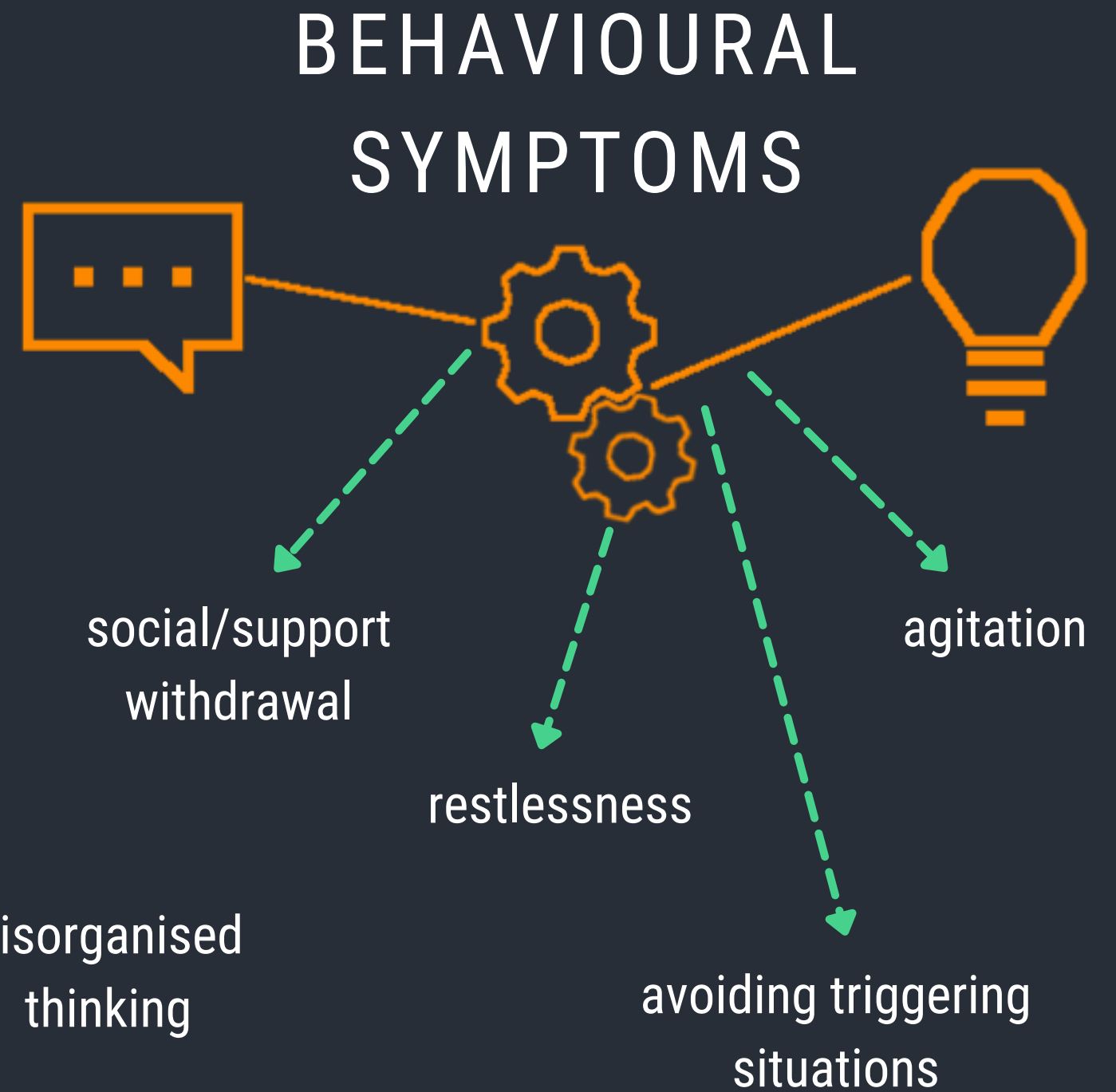
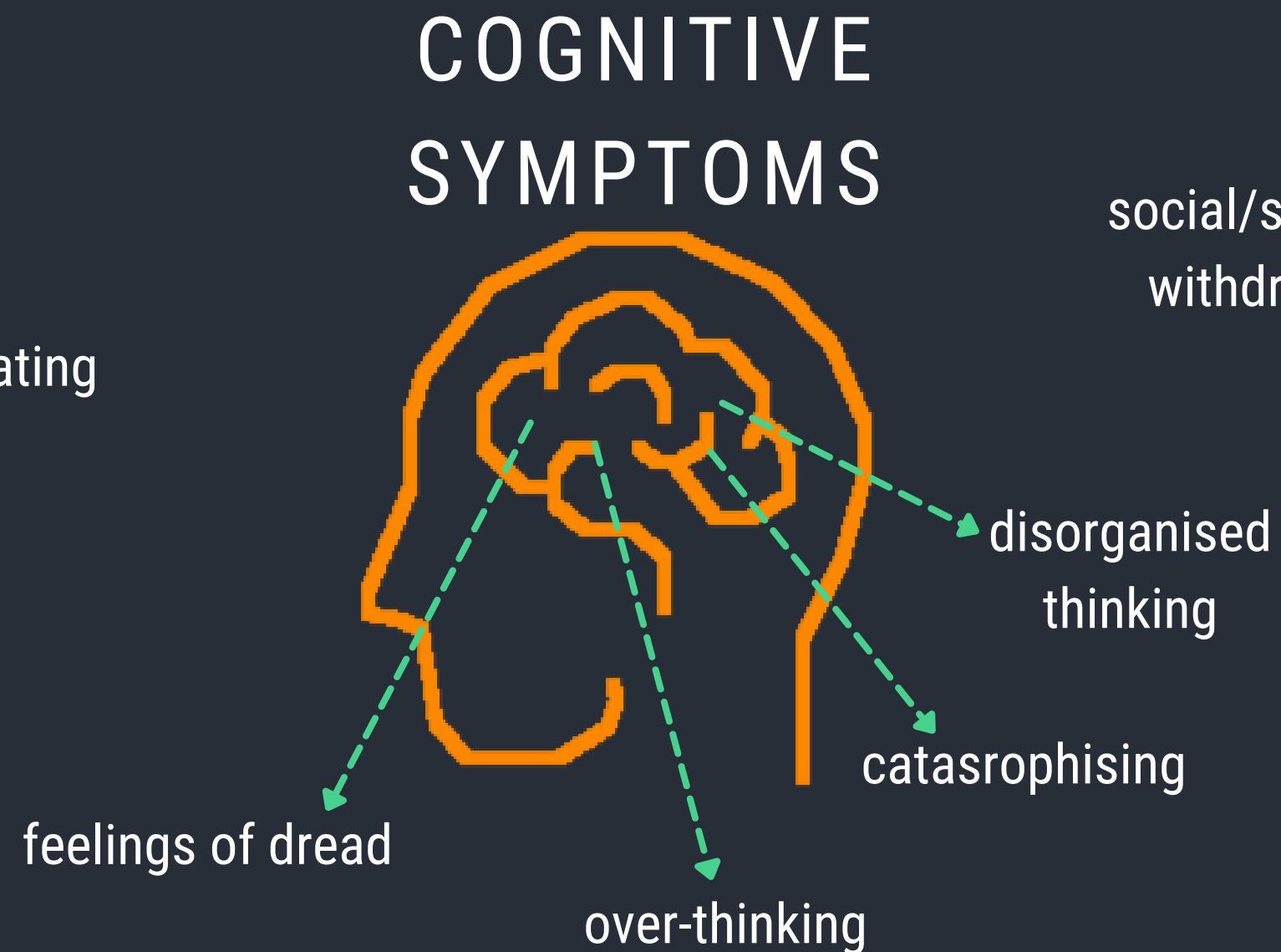
Symptoms that present themselves in the way a young person is feeling.

BEHAVIOURAL SYMPTOMS



Changes in the way a young person is behaving which might indicate that they are struggling.

ANXIETY & PANIC ATTACKS



SELF HARM

unexplained cuts
and/or bruises

burns on skin

bite marks

patches of
missing hair

PHYSICAL SYMPTOMS

COGNITIVE SYMPTOMS

feeling
guilty

feelings of
shame

feelings of
worthlessness

feelings of hopelessness

BEHAVIOURAL SYMPTOMS



unpredictable,
impulsive
behaviours

needing to/insisting
on spending a lot
of time alone

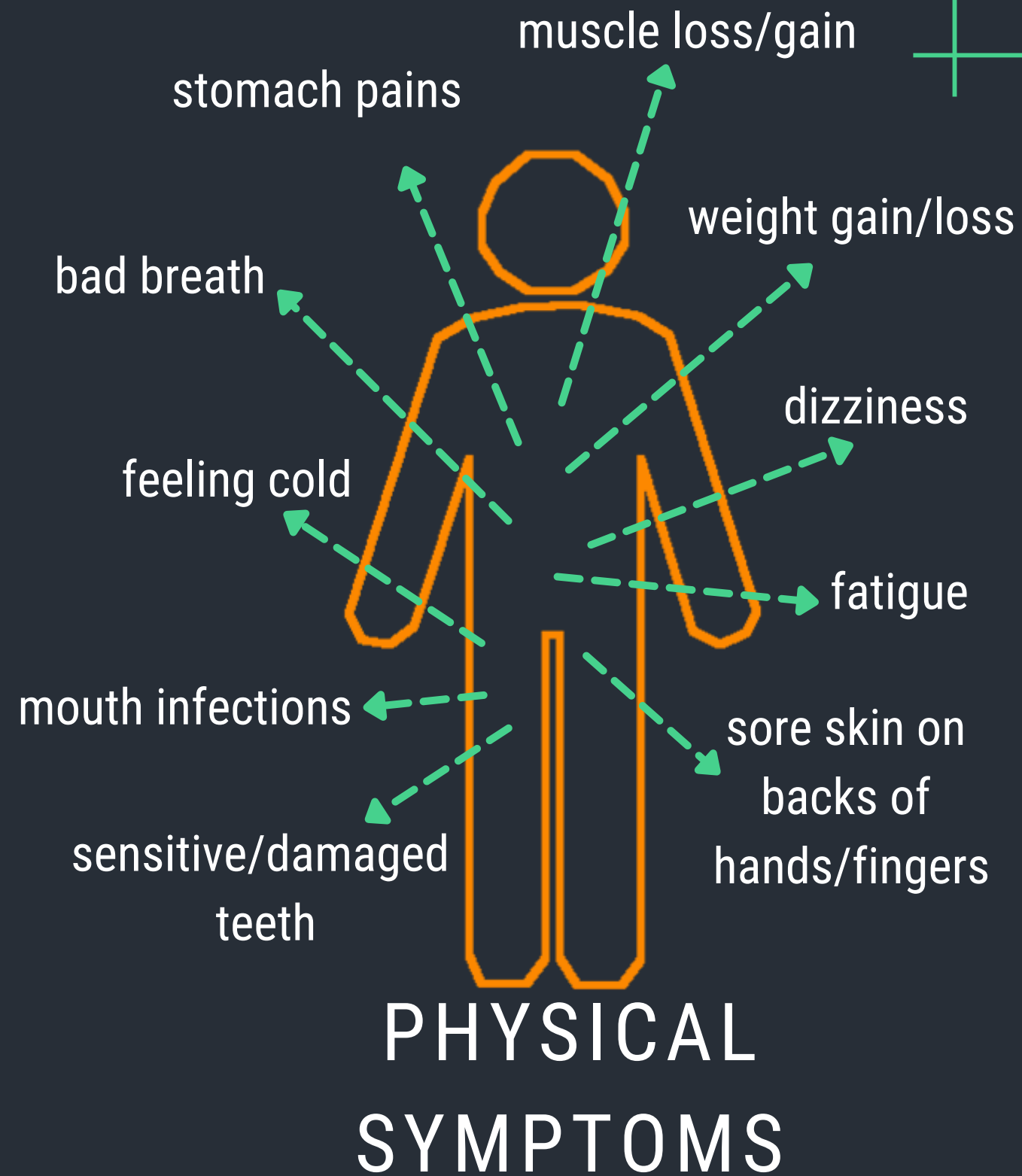
unwilling to
engage



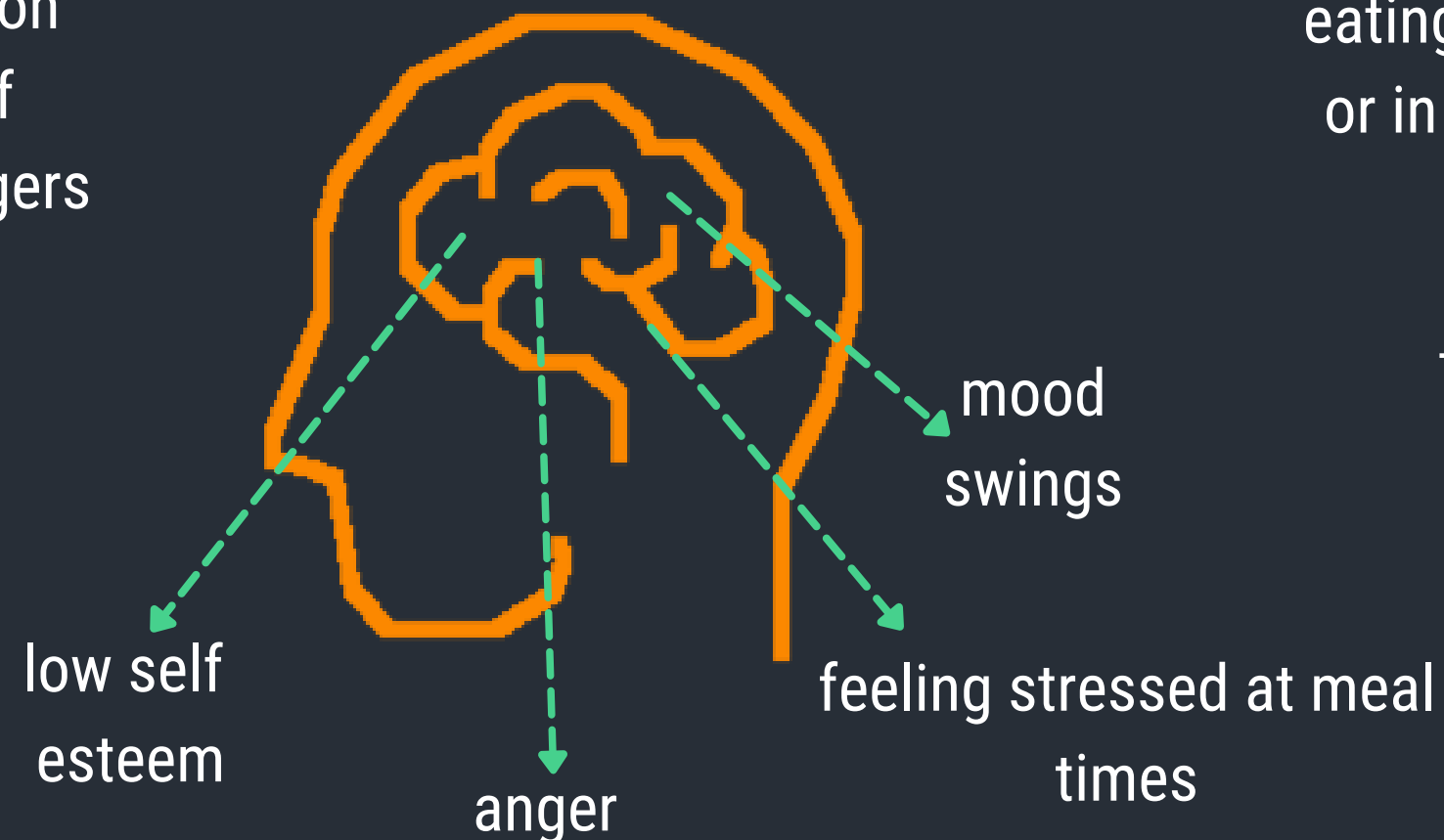
keeping
implements of
self injury on
hand

wearing long
sleeves/trousers
even on hot days

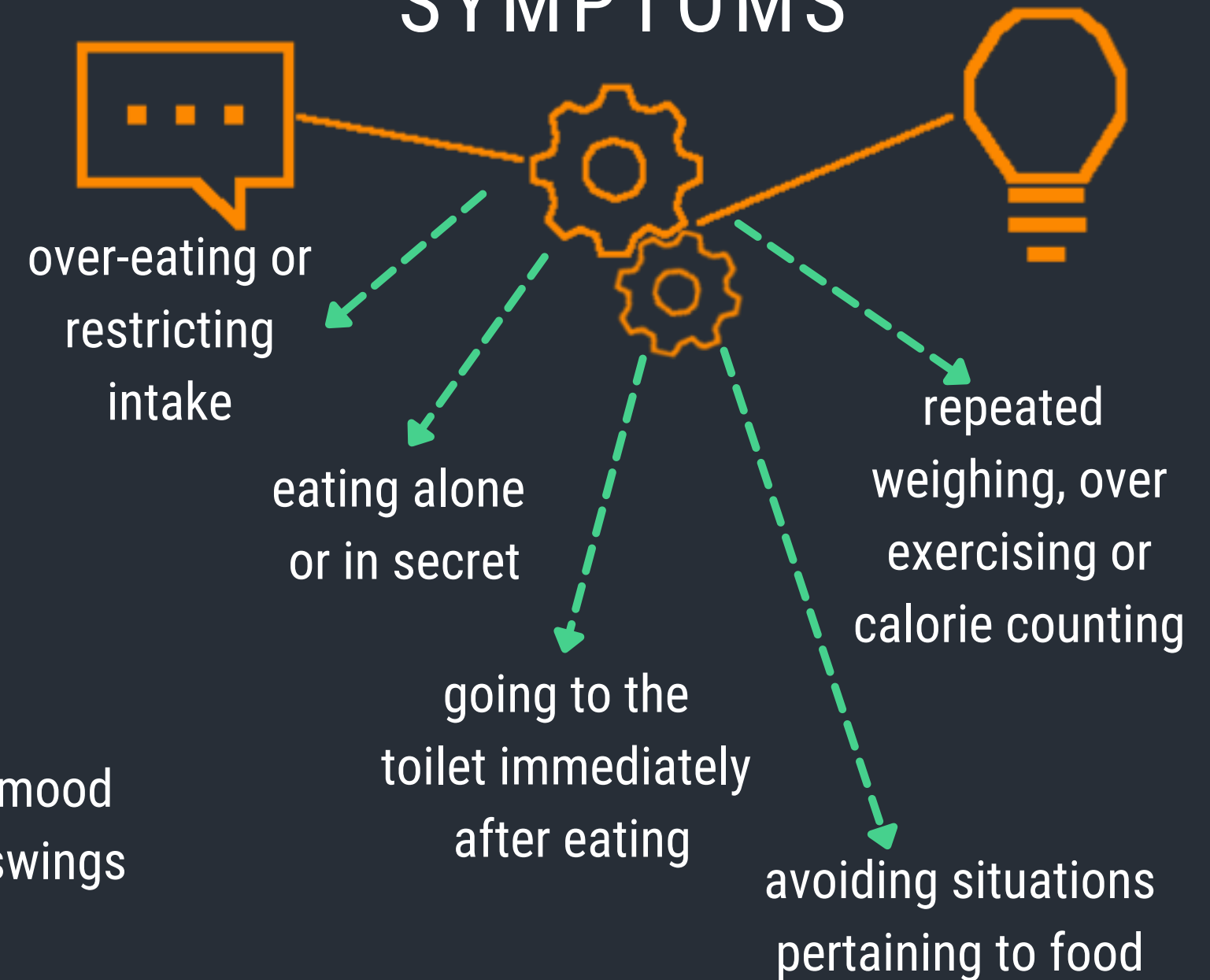
EATING DISORDERS



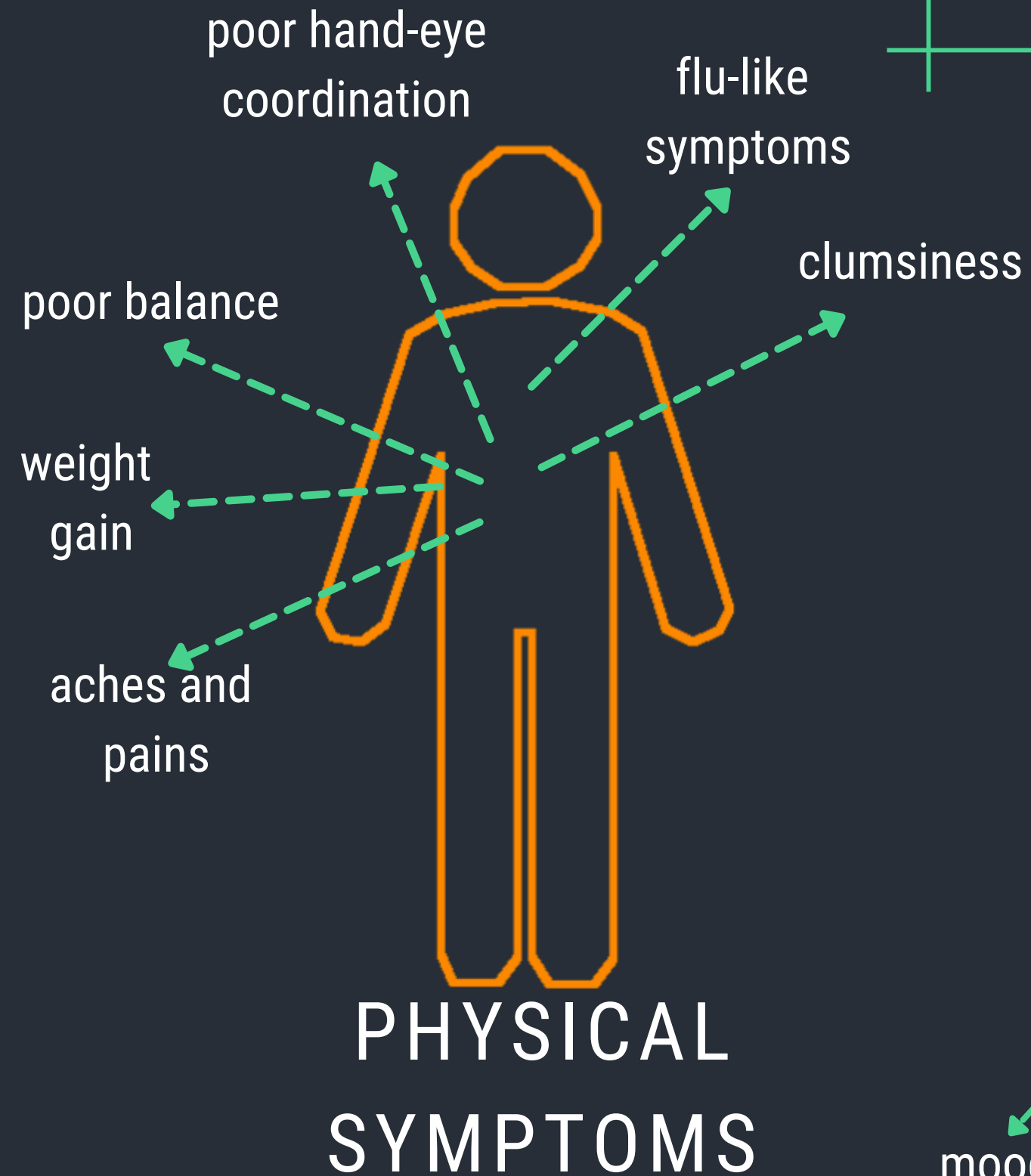
COGNITIVE SYMPTOMS



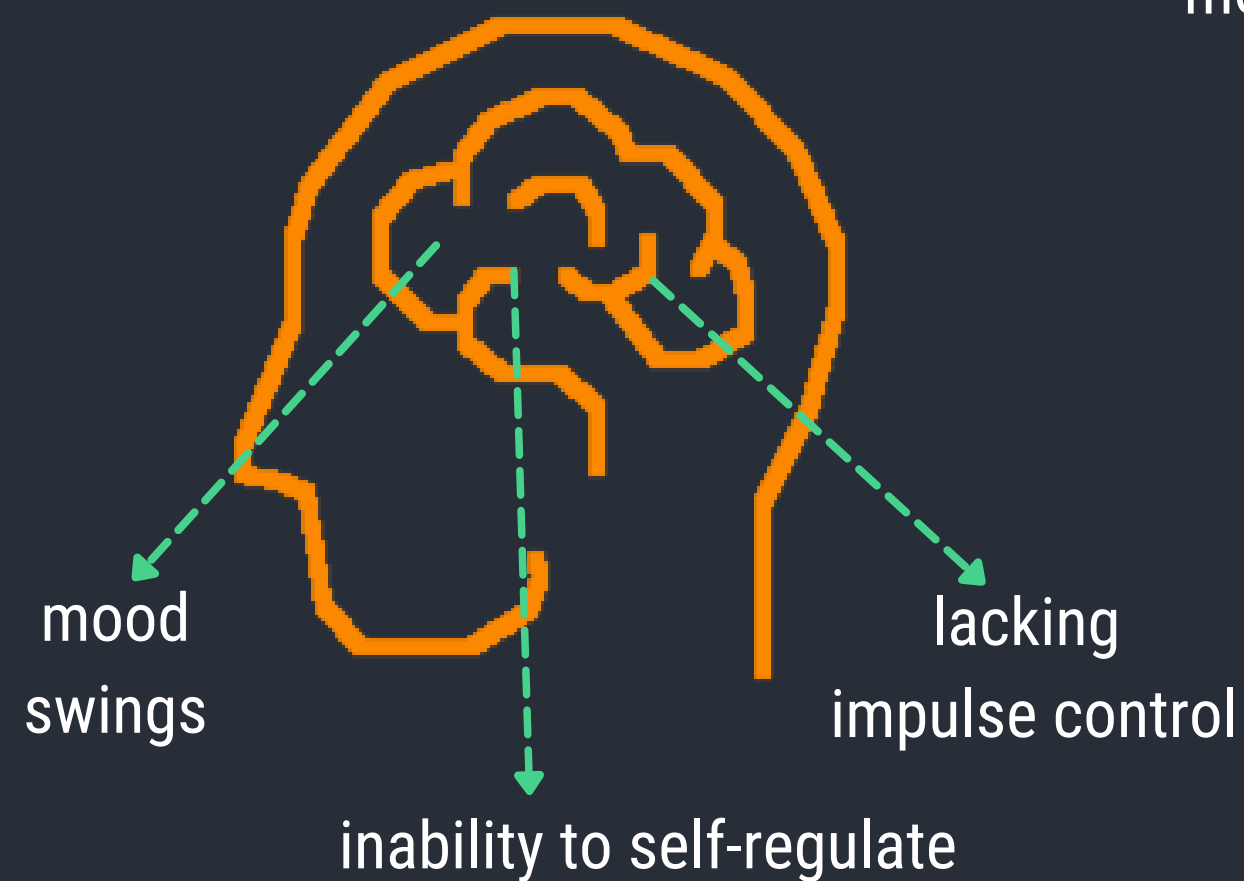
BEHAVIOURAL SYMPTOMS



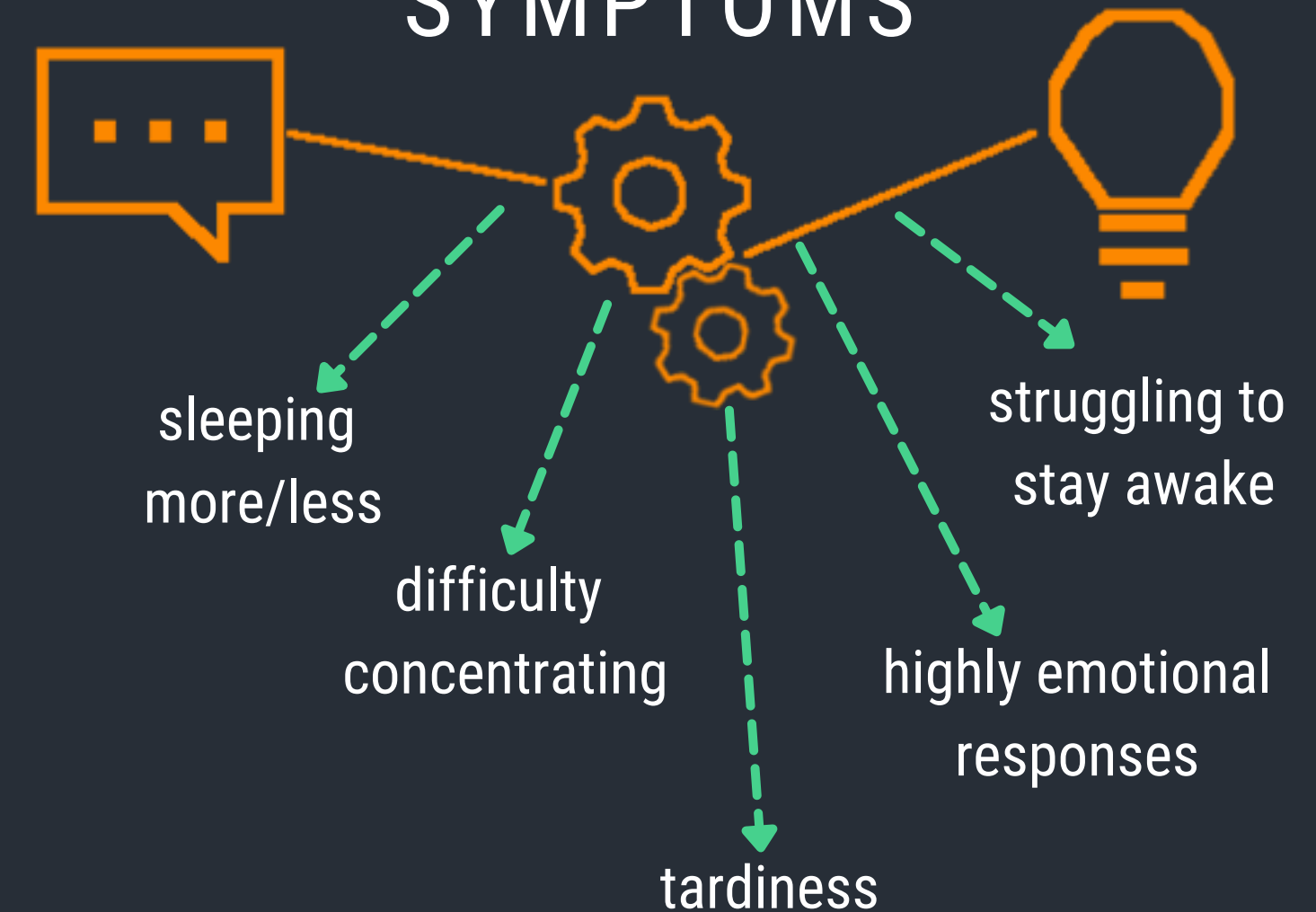
SLEEP PROBLEMS



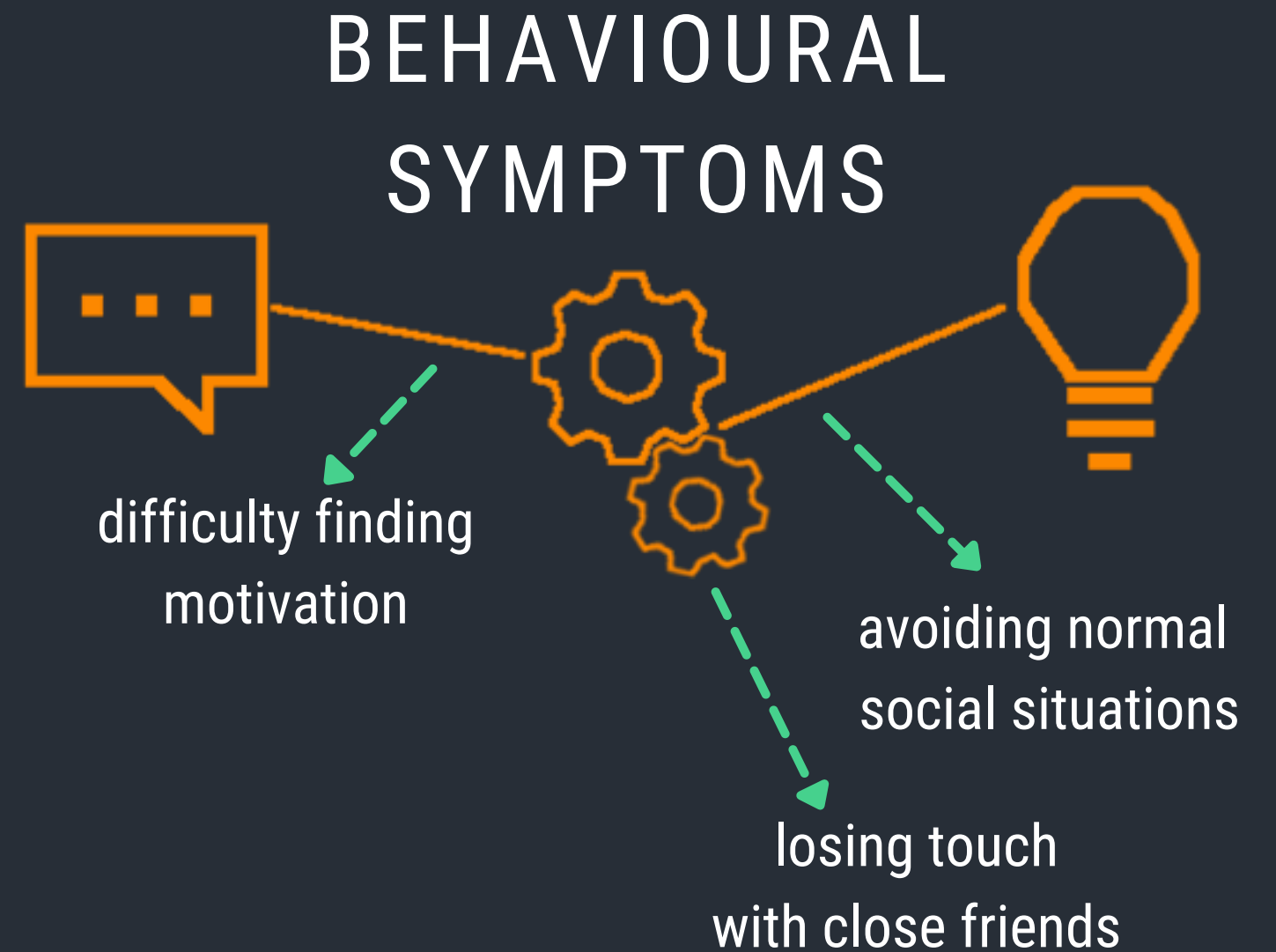
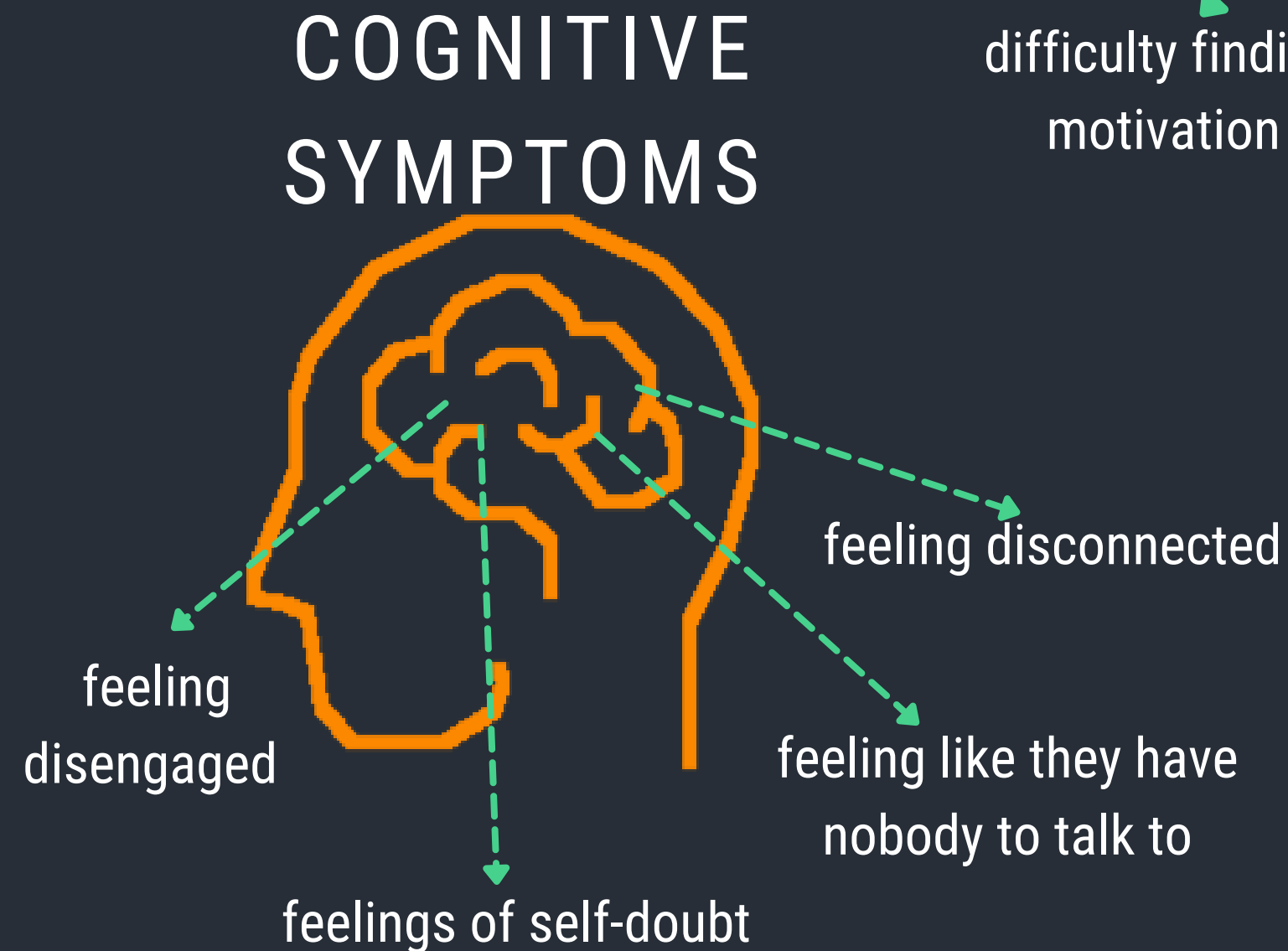
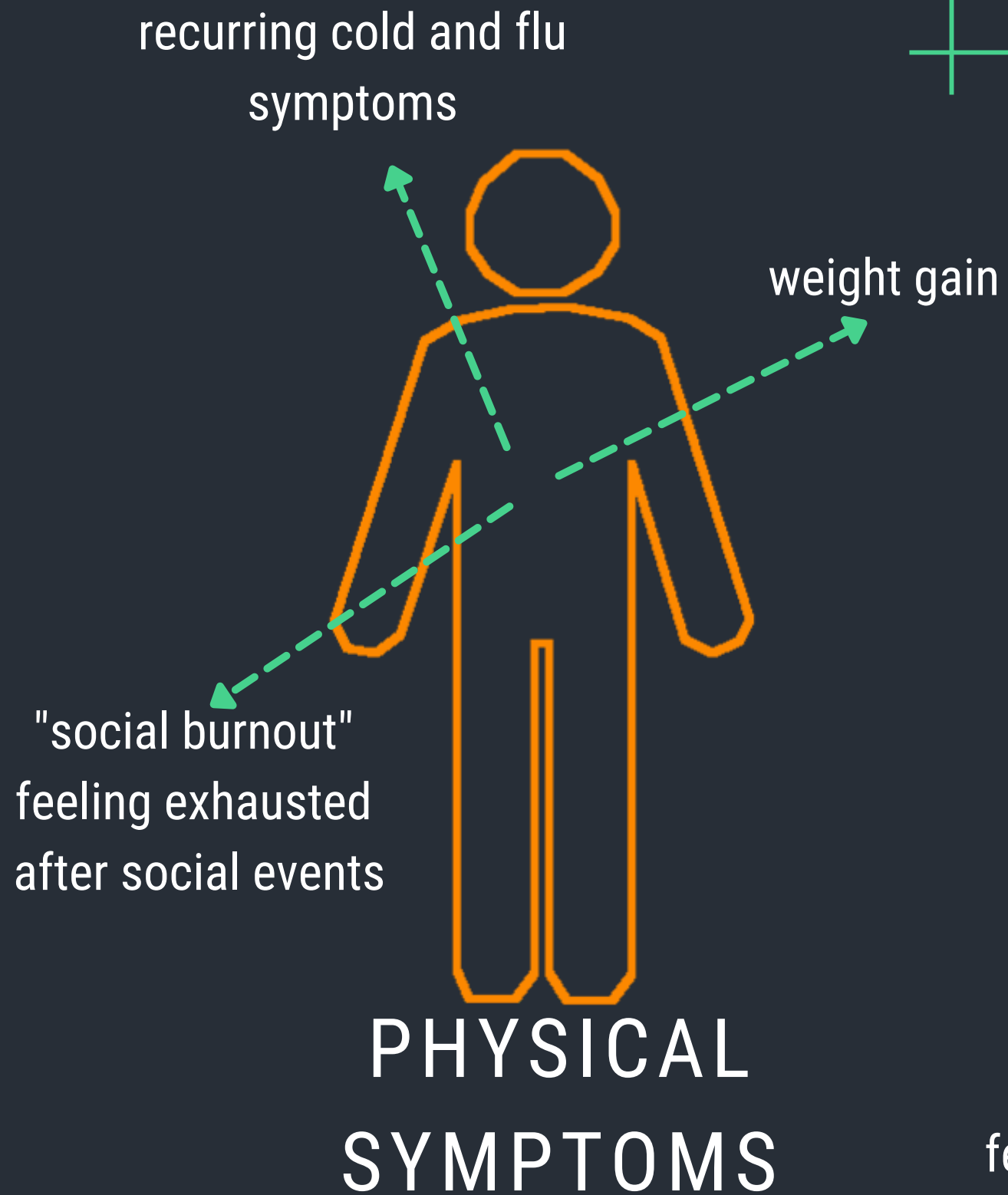
COGNITIVE SYMPTOMS



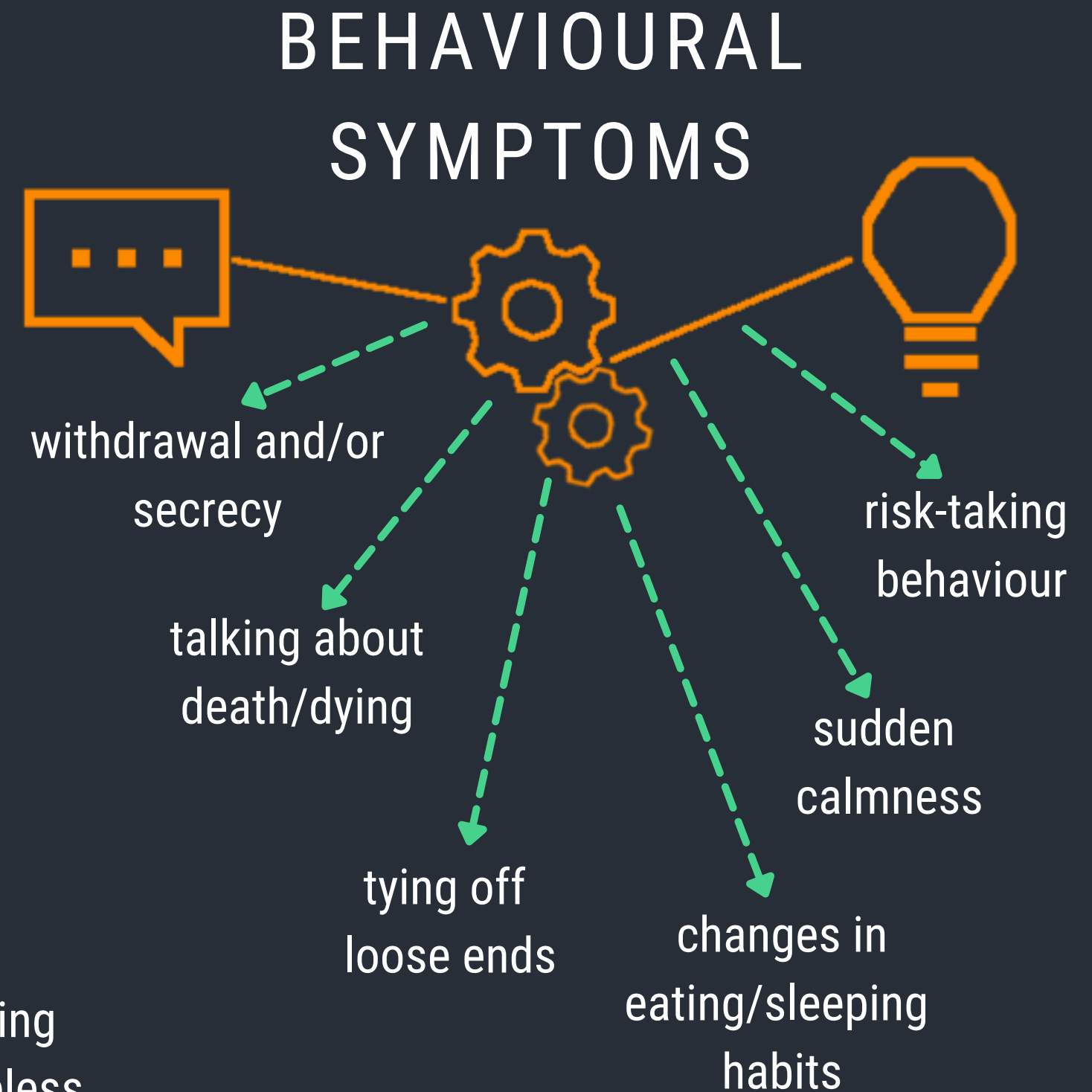
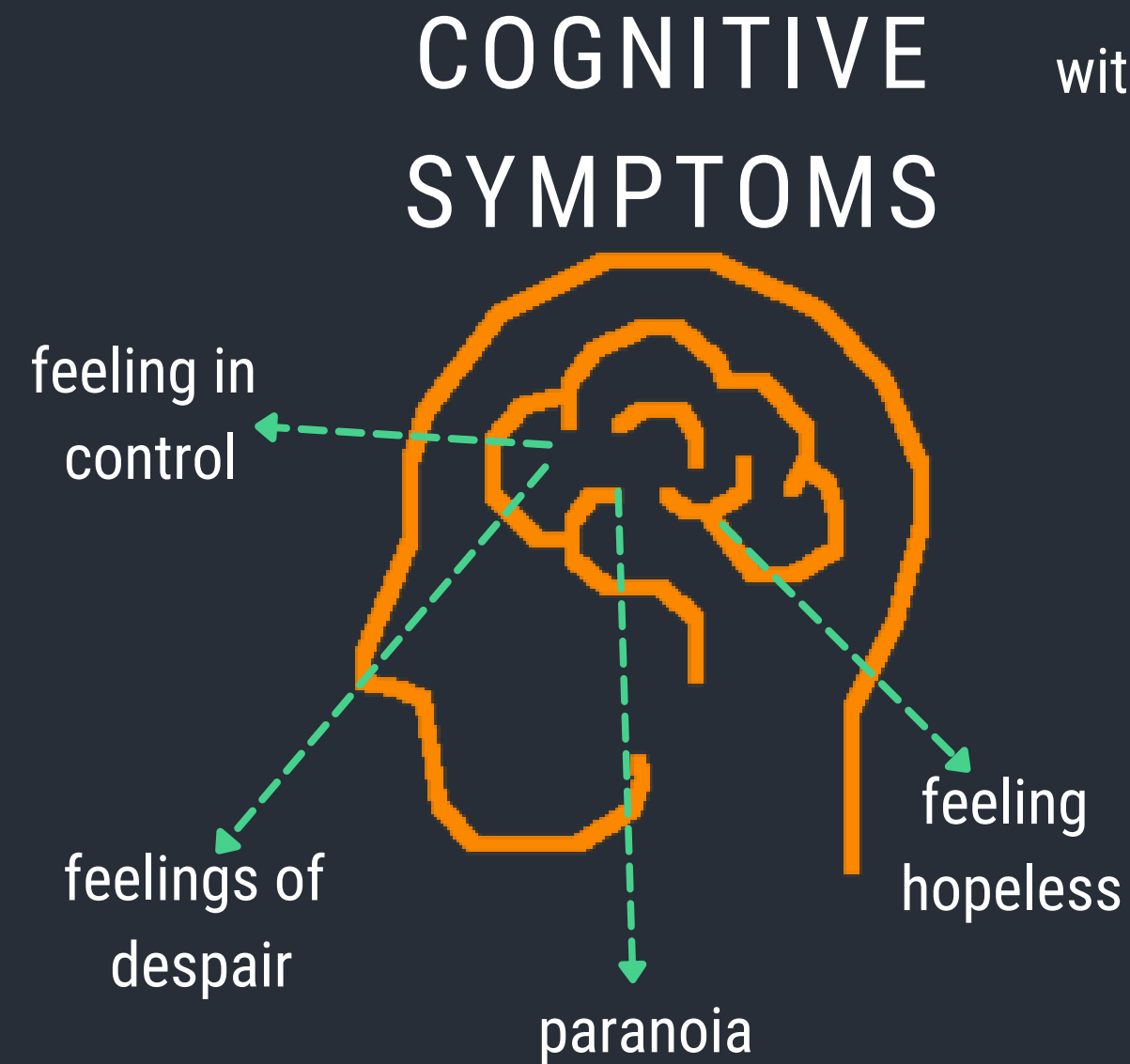
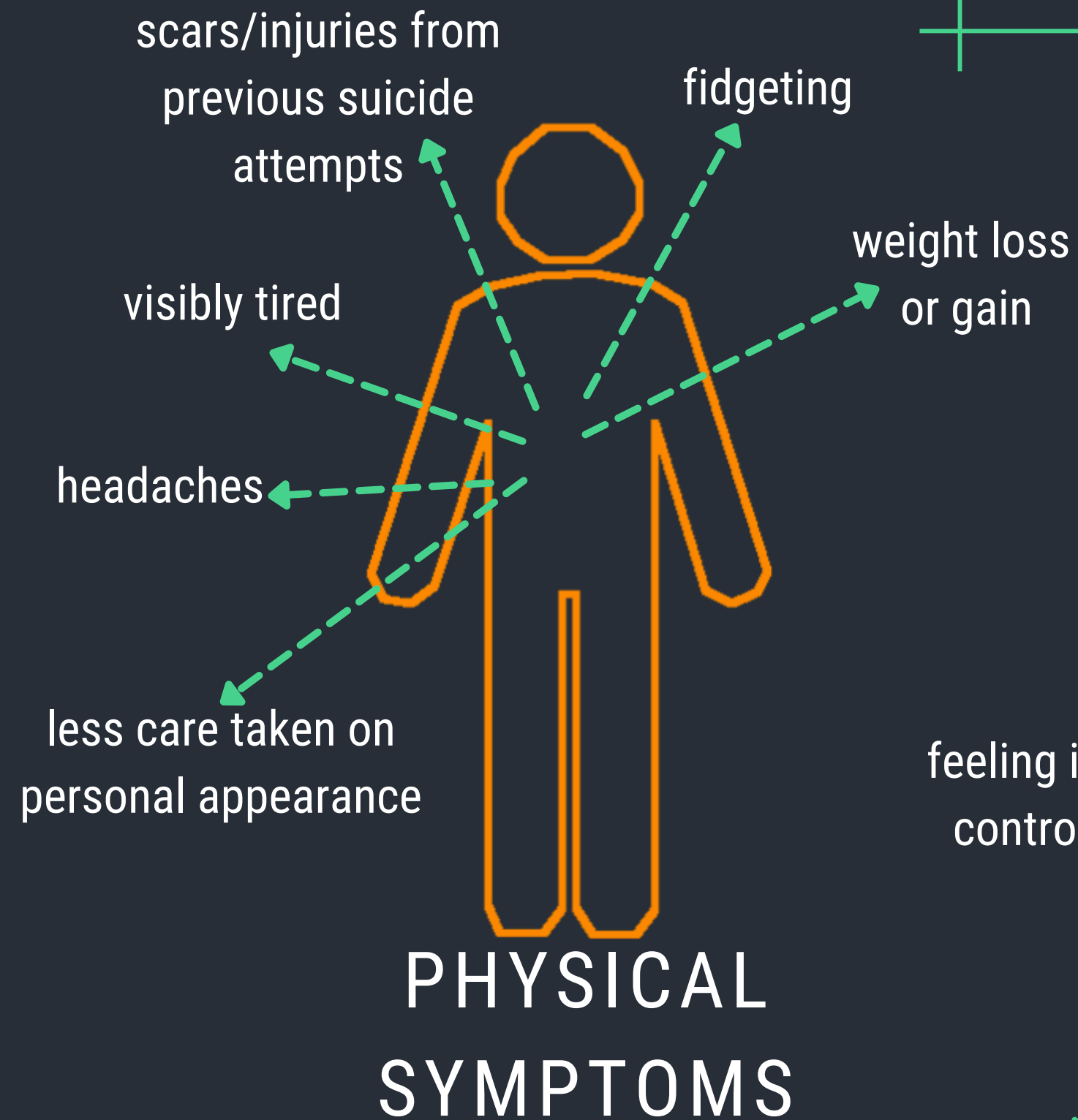
BEHAVIOURAL SYMPTOMS



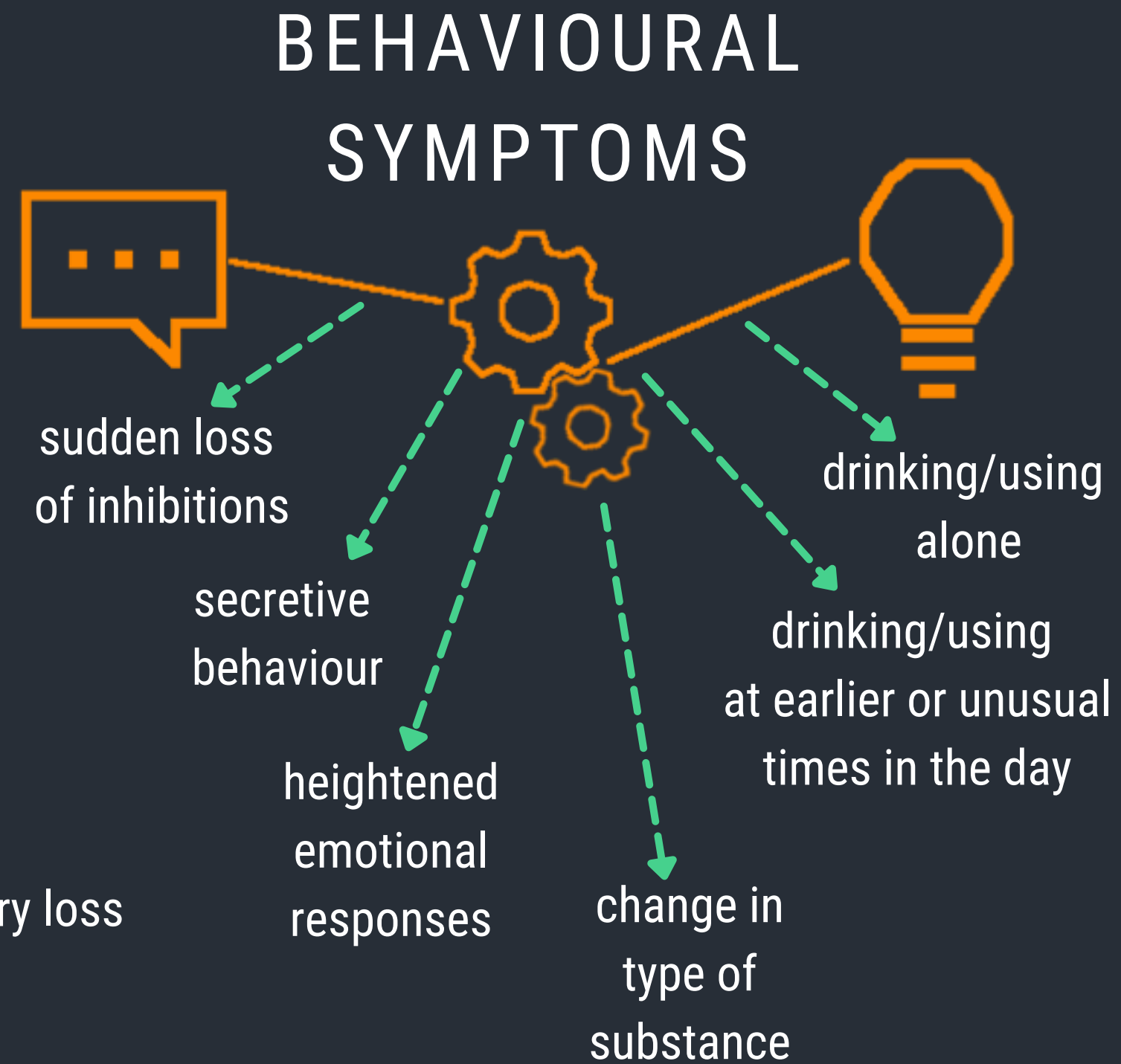
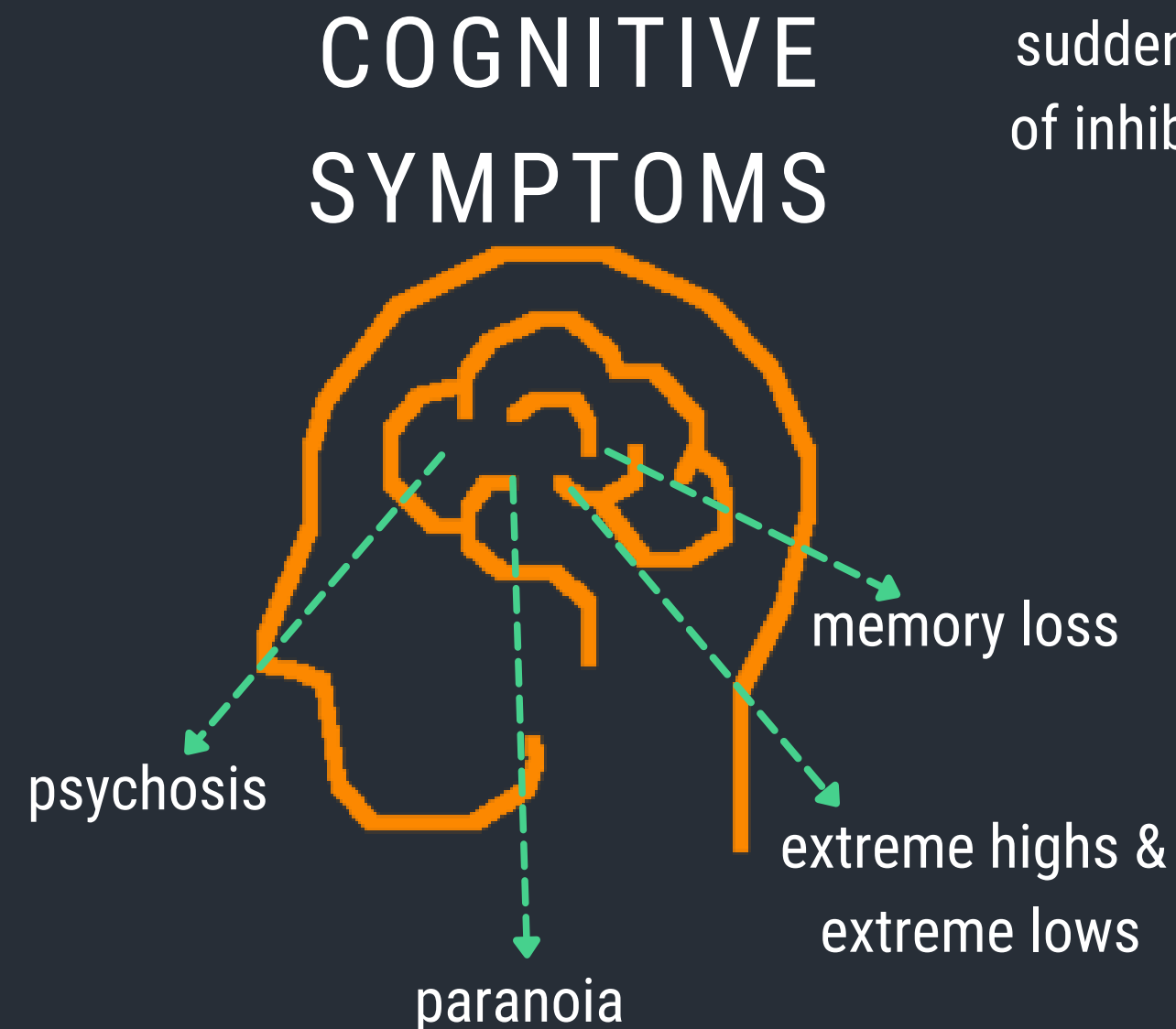
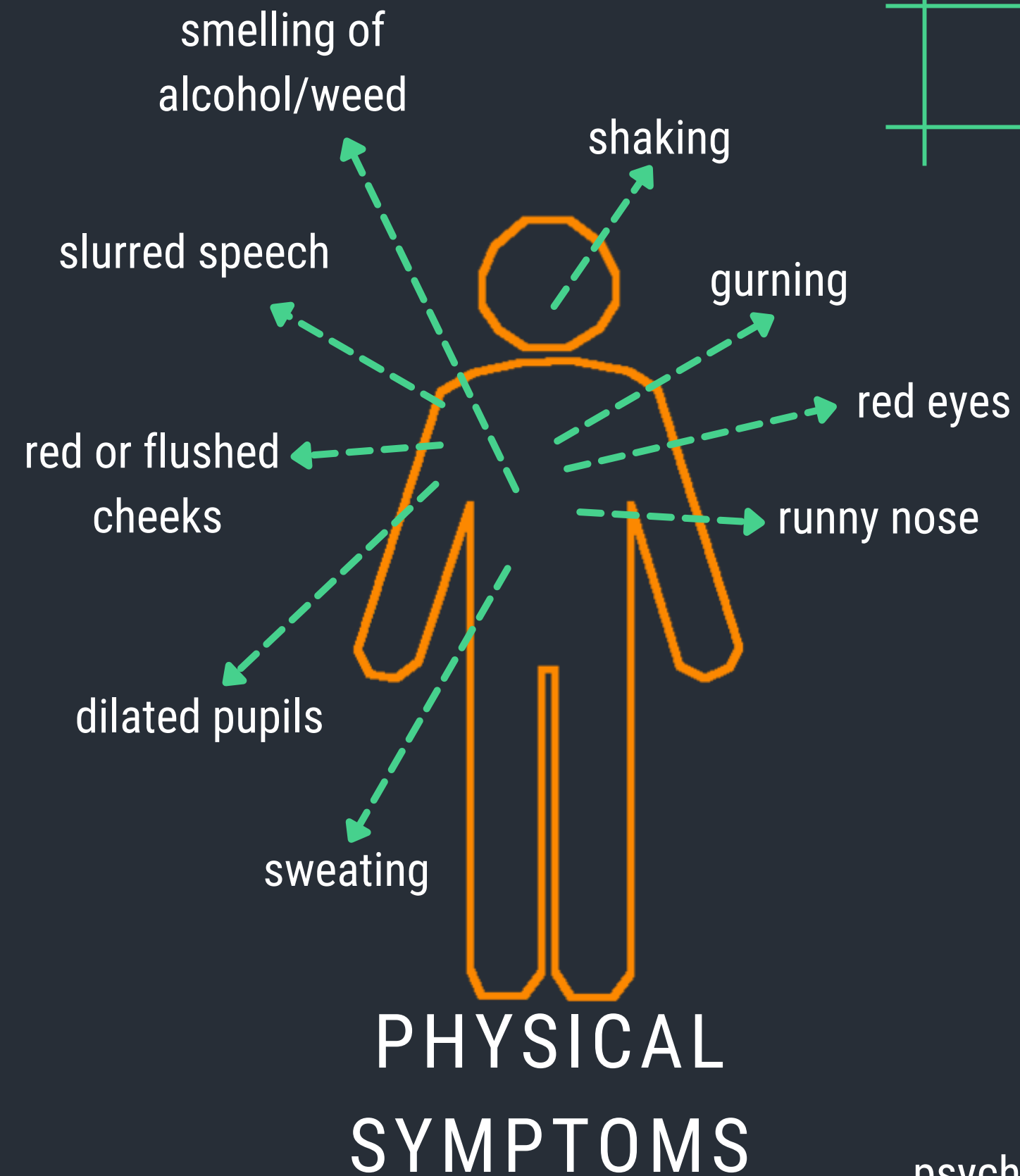
LONELINESS & ISOLATION



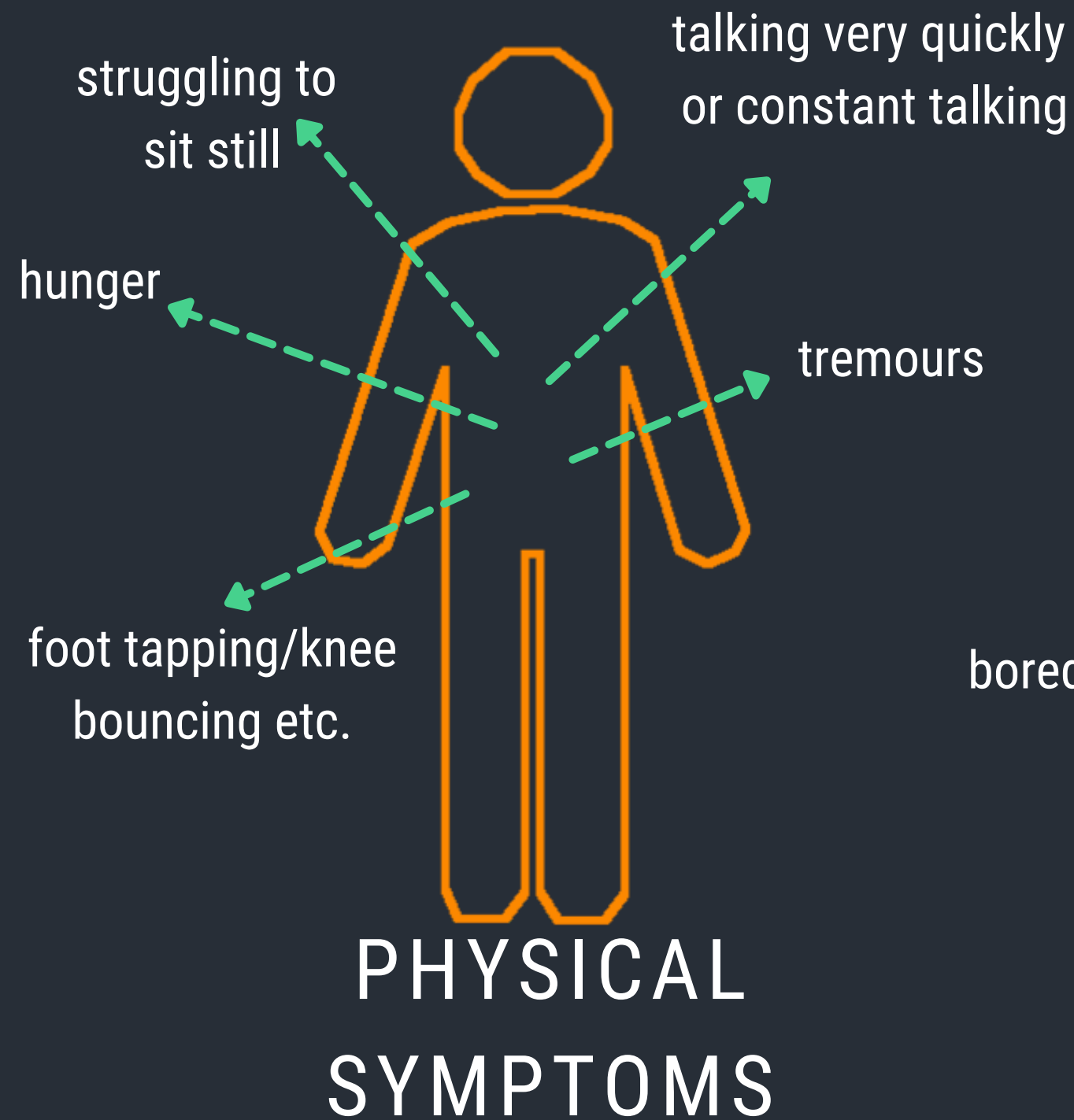
SUICIDAL THOUGHTS



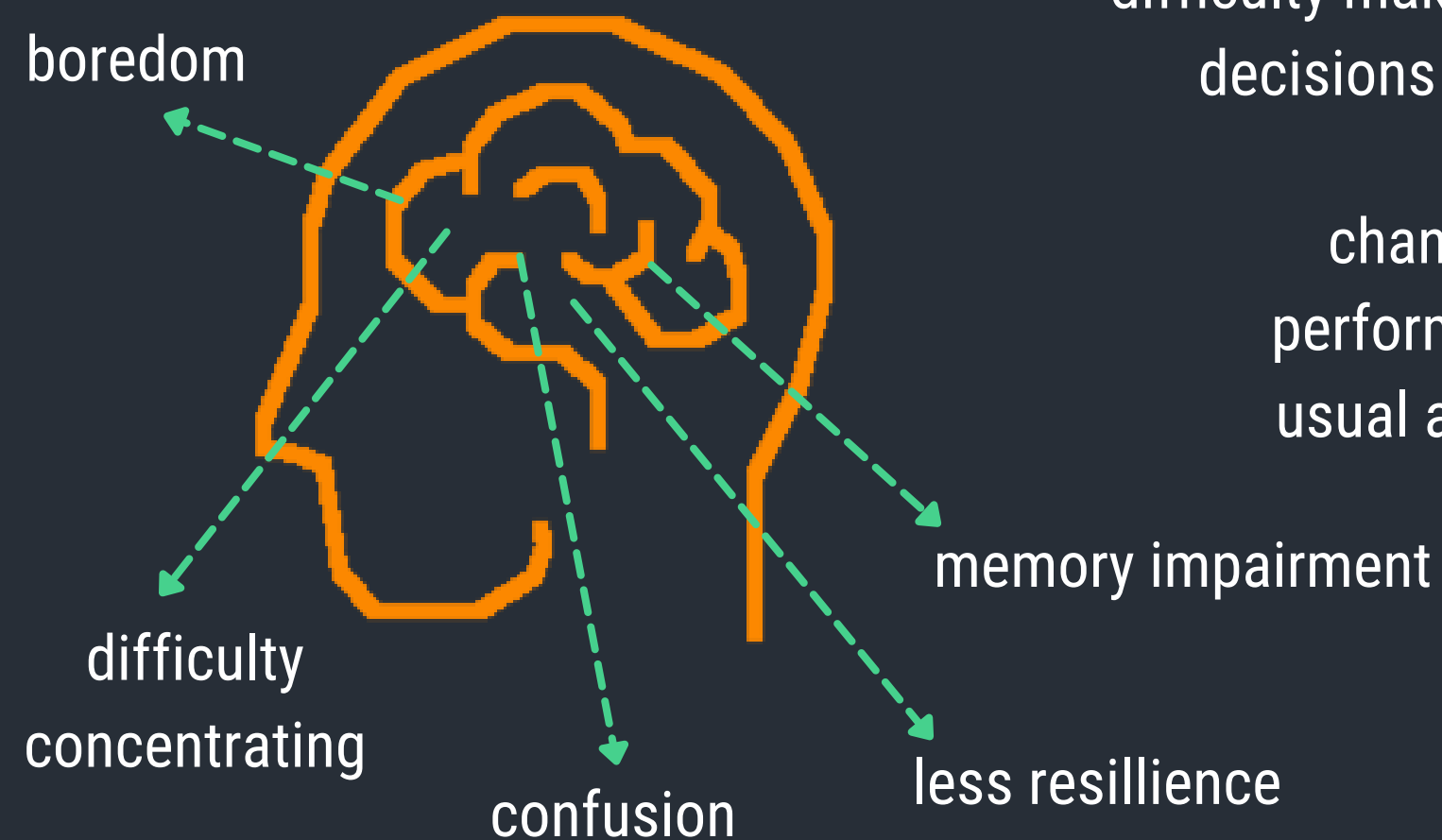
SUBSTANCE MISUSE



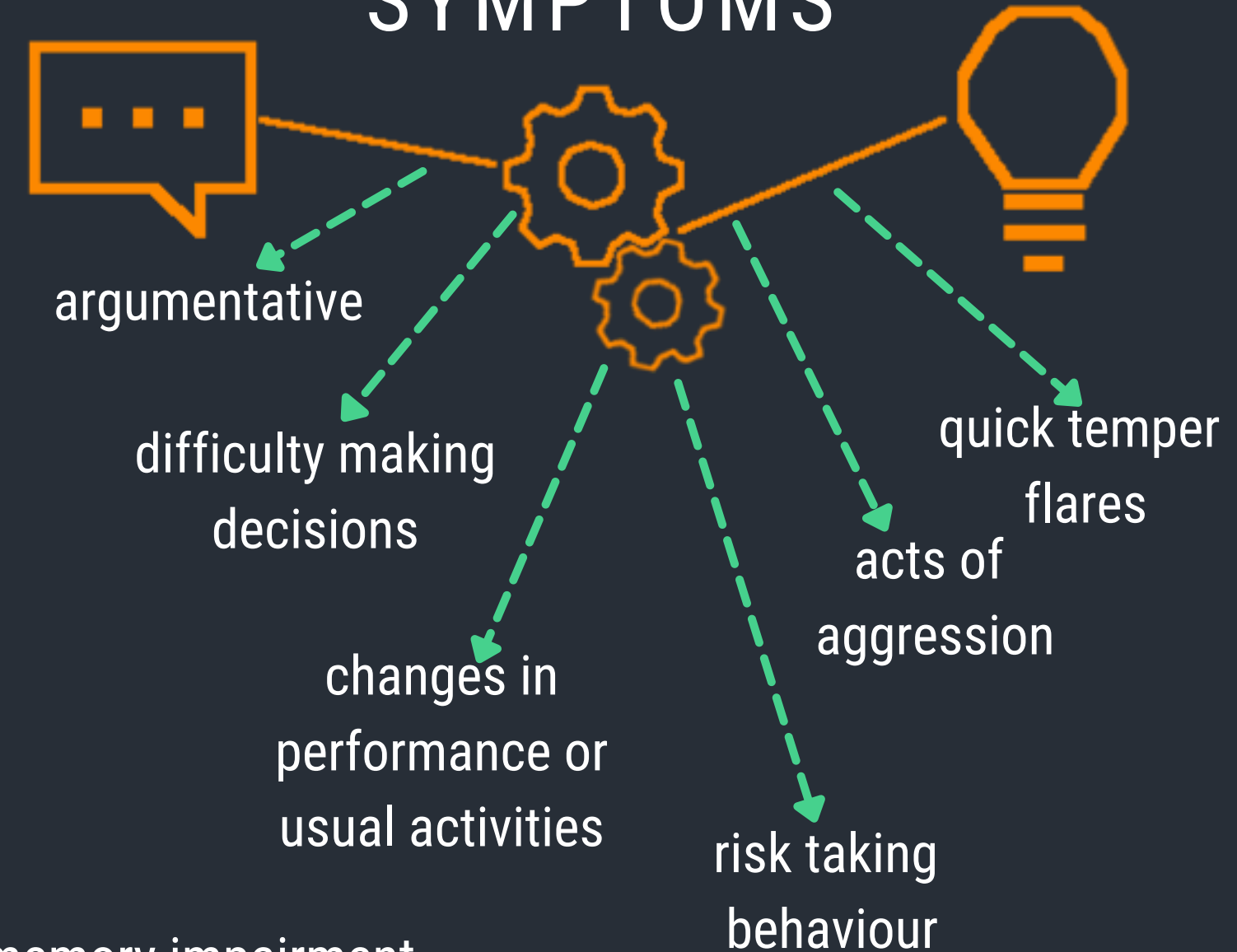
ATTENTIONAL, BEHAVIOURAL & RESTLESSNESS



COGNITIVE SYMPTOMS



BEHAVIOURAL SYMPTOMS



WAYS TO SUPPORT

SELF HARM

- Know the warning signs
- Have conversations
- Follow the safeguarding protocol
- Signposting and support

ANXIETY & PANIC ATTACKS

- Research and be informed
- Educate and spread awareness
- Stay calm, listen, validate, reassure, check-in, identify and plan
- Signpost and support

EATING DISORDERS

- Research and be informed
- Identify risk
- Spot signs
- Educate
- Follow referral pathway
- Signpost and support

SLEEP PROBLEMS

- Inform
- Offer practical tips
- Signpost for additional support
- Communicate

LONELINESS & ISOLATION

- Educate, research and find resources
- Signpost for additional support
- Communicate

SUICIDAL THOUGHTS

- Identify YP at risk/vulnerabilities
- Know the warning signs
- Listen
- Acknowledge
- Follow safeguarding protocol
- Support

SUBSTANCE MISUSE

- Research and be informed
- Educate and spread awareness
- Identify YP at risk
- Know the pathways
- Signpost and support

ATTENTIONAL BEHAVIOURAL RESTLESSNESS

- Research and be informed
- Be aware of signs
- Multi agency approach
- Family approach
- Practical support
- Signpost

USEFUL RESOURCES:

YOUNGmINDS EduCare® Part of tes

NSPCC volteface



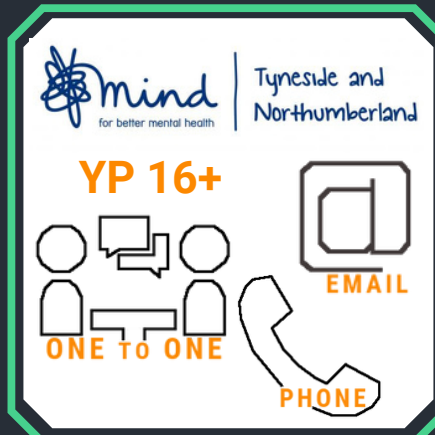
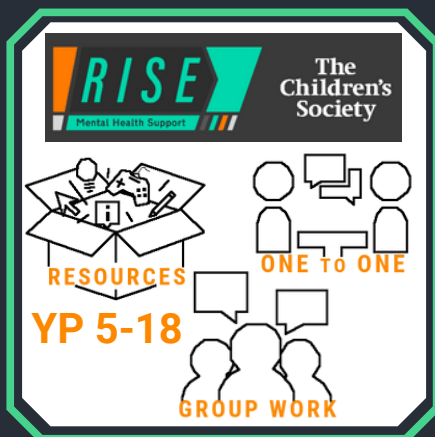
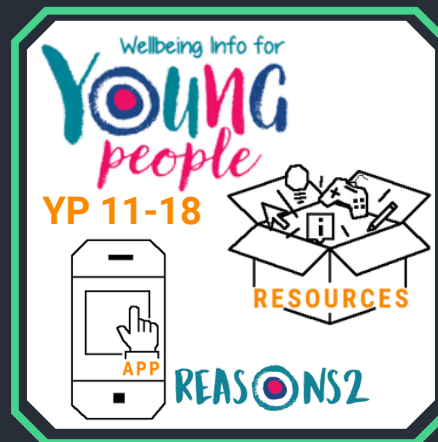
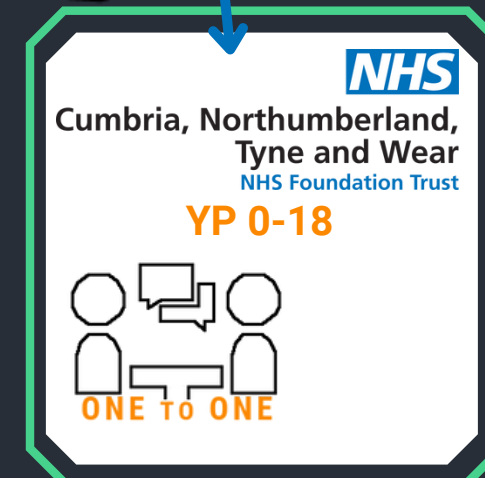
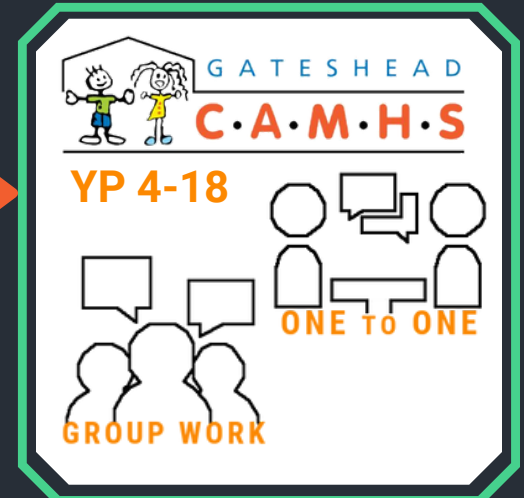
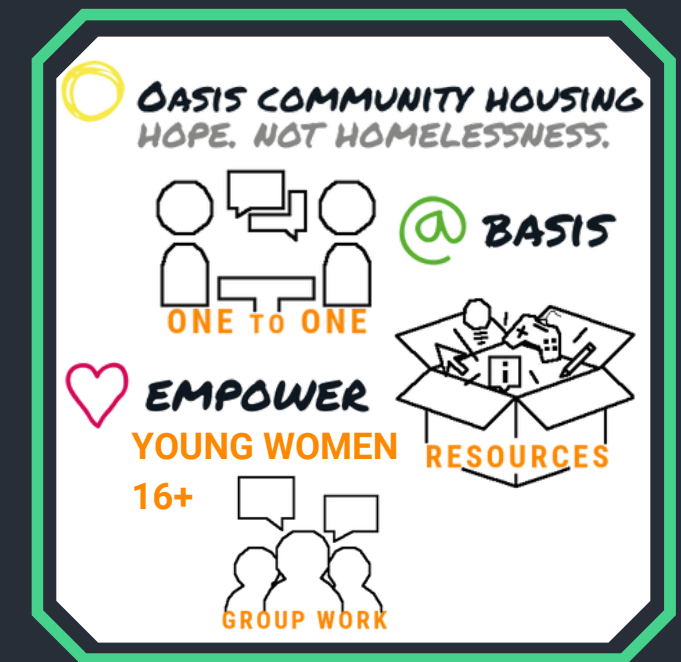
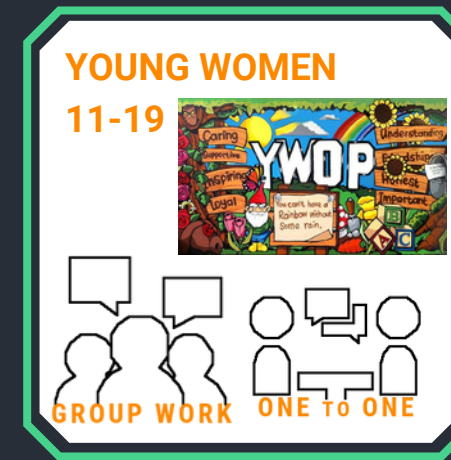
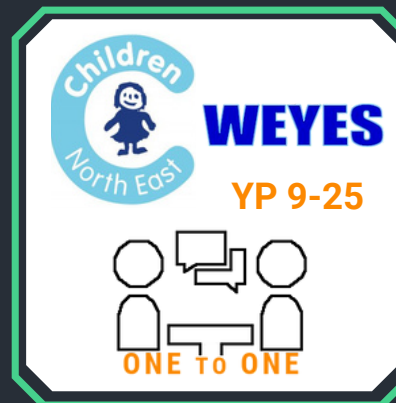
Home Office



[LINKS CORRECT AS OF 12/10/2021]

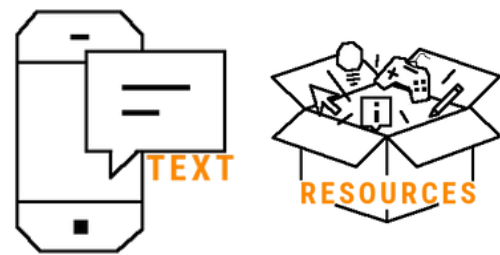
LOCAL SUPPORT GATESHEAD

- REFERRAL PROCESS?
- AGE?
- HOW TO ACCESS?
- TYPE OF SUPPORT AVAILABLE?

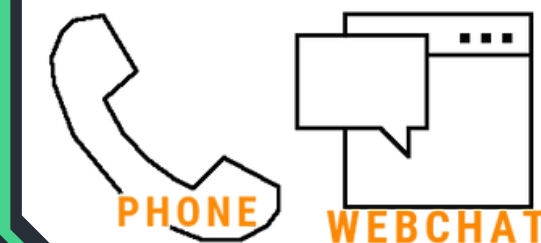


ONLINE SUPPORT

shout
85258



**gr'ef
encounter**



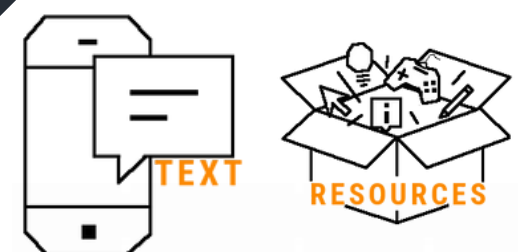
if u
care
share



**WINSTON'S
WISH WW**

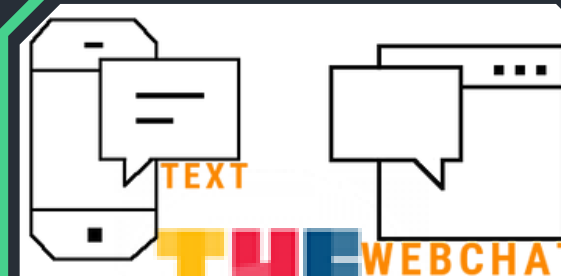
Giving hope to grieving children

#HELP2MAKESENSE



YOUNGmINDS

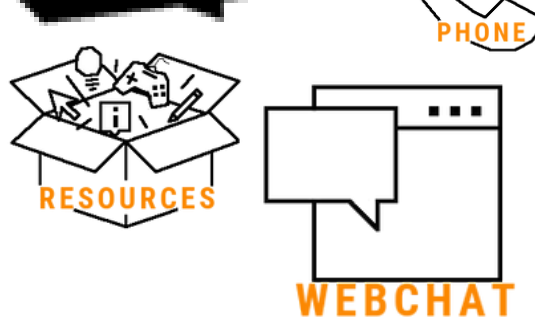
stem4
supporting teenage mental health



ALUMINA

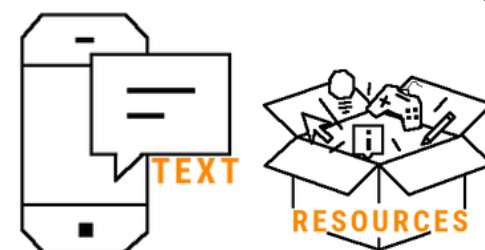


**CAMPAIGN
AGAINST
LIVING
MISERABLY**



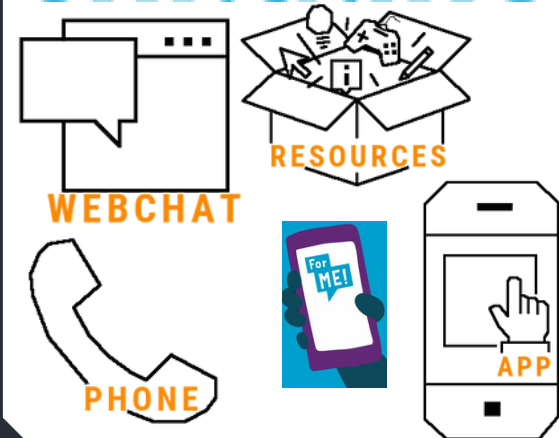
[LINKS CORRECT AS OF 12/10/2021]

ONLINE SUPPORT

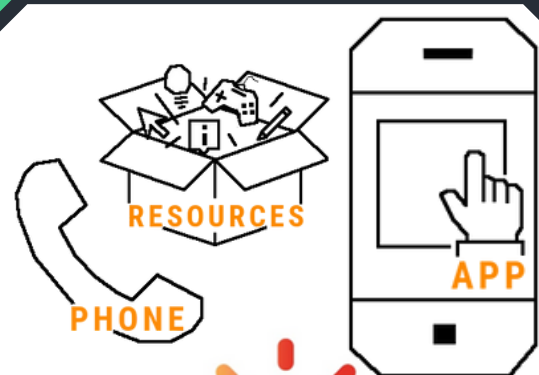


ONE SPACE

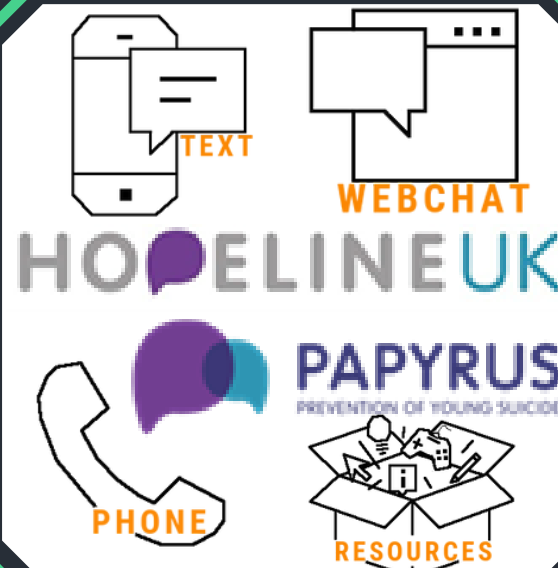
childline



Better Health every mind matters



Child Bereavement UK
REBUILDING LIVES TOGETHER



recoverycollege online



kooth



Anna Freud
National Centre for Children and Families



[LINKS CORRECT AS OF 12/10/2021]

The impact of Covid-19 has been universal.

As front-line workers, who have continued to support young people and their families throughout the pandemic; it's vital that you take care of yourself. Here are a few resources that have been designed to support the mental health & wellbeing of key workers in light of Covid-19.

We are best at our jobs when we are well in ourselves, so we hope these resources can support you to continue to support them.



Text 'FRONTLINE' to 85258 to
talk to a trained volunteer
[available 24/7]



10 Stress Busters!



Call 0300 303 4434 for support
with emotional wellbeing,
bereavement & trauma
[available 8am-8pm]



Resources & advice for teachers and
educators



24/7 Emotional support by call or
text, as well as resources & toolkits
to support your mental health at work



A quick guide to understanding
emotional energy and the importance
of checking in with yourself



ABC guide to personal resilience
for NHS staff



Take a quick quiz to get tailored
advice & top tips to support your
mental health



[LINKS CORRECT AS OF 12/10/2021]