

# Wellbeing Wednesday

## Dear Parents, Carers & Families

During Wellbeing Wednesday this week we have been focusing on feeling anxious with our students. Anxious feelings are perfectly natural, however lots of people are experiencing more anxious feelings than usual as a result of the pandemic.

This week I am sharing some very useful information about how to manage anxious feelings, which has come from Open Minds Calderdale. If you or your family are experiencing anxiety please feel free to have a read and as always, we are here at school to help if we can - just get in touch and let us know.

We are sending you our best wishes and hope you have a lovely break over the coming holiday.

**Mrs George and the Wellbeing Team**

## Is your child feeling stressed, worried or uncertain...?

Are they...?

- Restless
- Having chest pains
- Getting headaches
- Losing their appetite
- Not sleeping well
- Avoiding situations
- Needing lots of reassurance
- Having panic attacks



**It's important that you and your child know these feelings are understandable in the current circumstances and that worry is a normal emotion.**

## **Top tips**

- Be positive, talk and listen to your child
- Don't dismiss any worries even if they seem unrealistic
- Remind them that it's OK to feel however they feel and that 'this is NOT going to last forever'
- If they are worried about family members getting coronavirus, reassure them that everyone is trying to keep as safe as possible
- Explain that when in school they can talk and get support from an adult
- Encourage your child to get plenty of sleep and limit screen time before bed
- Make a worry box with your child:  
[www.youngminds.org.uk/blog/how-to-make-a-worry-box-a-guide-for-parents/](http://www.youngminds.org.uk/blog/how-to-make-a-worry-box-a-guide-for-parents/)
- Do some breathing exercises together:  
[www.headspace.com/meditation/breathing-exercises](http://www.headspace.com/meditation/breathing-exercises)
- If you or your child has any particular needs, worries or concerns that you want to share with someone, speak to their teacher or another professional
- You may also feel worried, so remember to seek help and advice if you need it

**If you need help for your emotional wellbeing and mental health, the NHS Calderdale CCG website offers tips, information and guidance:**  
<https://www.calderdaleccg.nhs.uk/wellbeing/>

**For more tips, information & support  
go to: [www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)**



# Emotional Health and Wellbeing Service Offer for Children and Young People in Calderdale



Open Minds website provides advice, information and support on local and national services that help children and young people.

[www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)



Kooth.com offers safe anonymous online counselling with a qualified professional.

Age range: 10-25years  
Opening times: Mon-Fri, 12pm-10pm. Sat-Sun 6pm-10pm  
Contact details: [www.kooth.com](http://www.kooth.com)



Time Out offers the opportunity to 'find your thing', get some simple guidance around emotional wellbeing, managing worries and looking after yourself.

Age range: 10-19 years  
Contact details: 07418 311736 (text for a call back)  
[www.timeoutcalderdale.co.uk](http://www.timeoutcalderdale.co.uk)



Barnardo's Positive Identities Service offers specialist advice and support to those who identify or are questioning their sexual and/or gender identity.

Age range: 8-25 years  
Contact details: 01422 371993 or [PositivIdentities@barnardos.org.uk](mailto:PositivIdentities@barnardos.org.uk)



Open Minds (CAMHS) offers specialist help and support around mental health.

Age range: 5-18 years  
Contact details: [www.calderdalecamhs.org.uk](http://www.calderdalecamhs.org.uk)



C&K Careers offers specialist advice, support and guidance on future career options.

Age range: 13-24 years  
Contact details: 01484 213856 or [chat@ckcareers.org.uk](mailto:chat@ckcareers.org.uk)



ChatHealth offers a confidential and secure text messaging service to discuss physical health and emotional wellbeing.

Contact details: text 07480 635297 or [www.locala.org.uk/chathealth](http://www.locala.org.uk/chathealth)



Calderdale Young Carers Service for advice and support on being a young carer.

Age range: 8-18 years  
Contact details: 01422 261208 or [www.calderdale.gov.uk/ycs](http://www.calderdale.gov.uk/ycs)



Healthy Futures Calderdale offers advice and support from public health clinicians on any concerns you have relating to COVID-19, including worries about the return to school.

Contact details: 0303 330 9974



Branching Out offers specialist advice and support around drugs and alcohol.

Age range: 10-21 years  
Contact details: 01422 415550



Sexual Health offers specialist advice and support around sexual health.

Contact details: 01422 261370



The BREW Project offers online 1:1 support sessions with a wellbeing officer or a 1:1 walk and talk service.

Age range: 5-17 years  
Contact details: 01422 730015 or [support@nvictuswellbeing.com](mailto:support@nvictuswellbeing.com)

For more information & support go to [www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)