 

**Supporting children and young people with their routine after lockdown**

**Signs and symptoms to look out for:**

**Are they …?**

* Displaying different behaviours and emotions
* Bad-tempered and irritable
* Struggling with their sleep
* Sluggish and unmotivated
* Tearful
* Moody
* Skipping meals
* Worried or nervous
* Exhausted, fatigued, or just tired

**As a trusted adult you can provide support just by listening and valuing the feelings the child/young person is expressing.**

**You can suggest the following tips and useful resources:**

* Setting an alarm in the morning helps add structure to the day.
* [Eating breakfast](https://www.nhs.uk/live-well/eat-well/healthy-breakfasts-recipes/) gives students an energetic boost to start their day.
* Encouraging a consistent bedtime, [a good night’s sleep is important](https://youngminds.org.uk/blog/what-to-do-if-you-re-struggling-to-sleep/).
* Going to bed 15 minutes early to [unwind and relax before going to sleep](https://www.headspace.com/meditation/how-to-relax).
* [Limit time on devices](https://youtu.be/hk8a_JDVE6M) before bed helps relax their mind.

**Free local support services for children and young people:**

[Time Out delivered by Healthy Minds](http://www.timeoutcalderdale.co.uk/) helps children and young people ‘find their thing’, through activities such as arts, crafts, sports, singing and drama sessions. Time Out also has a **Listening Line** which provides support and advice for students. **Text 07418 311736**. They offer three sessions with a project worker to talk through worries.

* **Age range:** 10-19 years
* **Referral process:** self-referral
* **Contact details:**01422 345154 or [timeout@healthymindscalderdale.co.uk](mailto:timeout@healthymindscalderdale.co.uk)

#### [**The BREW Project delivered by Invictus Wellbeing**](https://www.invictuswellbeing.com/) offers children and young people who present with personal, social, emotional concerns to access bespoke support sessions.

* **Age range**: 5-17 years
* **Referral process:** [online referral form](https://www.invictuswellbeing.com/brewproject)
* **Opening times**: Monday to Friday, 9am-5pm (referrals only)
* **Contact details:** 01422 730015 or [support@invictuswellbeing.com](mailto:support@invictuswellbeing.com)

[Kooth](https://kooth.com/) is a free, safe anonymous online counselling and support service. Young people can access Kooth’s counselling service, self-help resources, peer to peer forums and interesting articles written by young people for young people.

* **Age range**: 10-25 years
* **Referral process:** self-referral
* **Opening times:** until 10pm every evening, 365 days a year

[ChatHealth, Healthy Futures Calderdale](https://www.locala.org.uk/chathealth/) is an NHS-approved secure and confidential text messaging support service for young people.

* **Age range**: 11-19 years
* **Referral process:** self-referral
* **Contact details:** text: 07480 635297

[C&K Careers CHAT](https://www.ckcareersonline.org.uk/news/333-chat) is a support, advice and guidance service to young people and their parents/carers. CHAT has friendly advisers who will listen and support young people with college or sixth form, future options, CVs and interviews, employment skills, worries and much more.

* **Age range**: 13-24 years
* **Referral process:** self-referral
* **Opening times:** Monday to Friday, 9am-5pm
* **Contact details:** 01484 213856 or [chat@ckcareers.org.uk](mailto:chat@ckcareers.org.uk)

**Advice for Parents and Carers:**

[Is your child finding the back to school routine difficult?](http://www.openmindscalderdale.org.uk/wp-content/uploads/2021/03/2021-03-09_FINAL-routine.pdf)This leaflet provides parents and carers with some top tips, useful resources, and links to local support services here in Calderdale.

**Free training offer for staff and students:**

* Training workshops are available for **school staff** around EHWB. This is delivered by Open Minds (CAMHS) [training@calderdalecamhs.org.uk](mailto:training@calderdalecamhs.org.uk)
* Training workshops are available for **students** around EHWB. This is delivered by Healthy Minds, Time Out [Tara@healthymindscalderdale.co.uk](mailto:Tara@healthymindscalderdale.co.uk)
* Training workshops are available for the **wider workforce** around EHWB. This is delivered by Open Minds (CAMHS) [training@calderdalecamhs.org.uk](mailto:training@calderdalecamhs.org.uk)