

Covid Myth Buster

What is Covid-19

Covid-19 (also known as Coronavirus) is a virus that can infect and affect anyone, of any age and in any state of fitness or health, sometimes with serious consequences, although these are generally less severe in healthy, young people.

We know that it can be stressful and cause anxiety when you're not sure what is happening, how it affects you or when people you know have symptoms or have been diagnosed as Covid positive.

There is a lot of support and advice available to you, some accurate some

not so much. On the next pages are links to some of the websites we think are most helpful and that offer practical support.

If you are concerned, you can also get in touch with your GP. They are still here to support you and provide services for any on-going or developing medical needs.

GPs are now offering online and video consultations and if essential they can still see you face to face

We hope this information

will help young people to cope with the impact of restrictions that lockdown or self-isolation may have on their overall well-being.

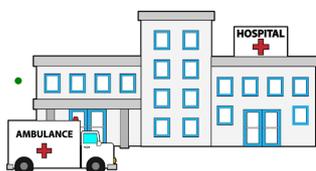


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Did you know

If you need to go to hospital don't worry, they've got your back.

People with Covid symptoms are treated in separate areas to those without which will help keep you safe.



NHS staff have really strict protocols for wearing masks, aprons etc to make sure you are safe and prevent infection.

This is the same for A&E and hospital wards as well as Urgent Care

Centres and GP Surgeries.

If you are unwell for any reason it is important you still speak to your GP or go to hospital as you normally would, so you get treatment as soon as possible.

If you or someone you know is being hurt, bullied or abused use the following free phone numbers to get help

Childline
Tel: 0800 1111 any time for support

NSPCC helpline
0808 800 5000 or contact online.

If you or anyone else is in immediate danger
DIAL 999

To access any of the links listed, press CTRL and click

Young People friendly resources

Anna Freud (Links to number of wellbeing resources, list of sources of help for those with urgent needs)

<https://www.annafreud.org/on-my-mind>

Childline (Help and advice on a wide range of issues)

<https://www.childline.org.uk/>

Health for Young People (Good links to advice & information on sexual health, mental health and long term conditions)

<https://what0-18.nhs.uk/health-for-young-people>

The Mix (Advice and support for the Under 25's)

<https://www.themix.org.uk>



National Youth Advocacy Service

<https://www.NYAS.net>

Young Carers

Tel: 0800 015 7700

If you're worried about Coronavirus heres a link to lots of useful info
[Children's Commissioner Guide to Coronavirus](#)

Other Resources

Bromley Safeguarding Children Partnership

<https://www.bromleysafeguarding.org/>

Tel: 0208 768 4591

Samaritans 24 hour helpline

Tel: 08457 909090

Bromley Bereavement Service



Bromley Mencap

0208 466 0790

<https://www.bromleymencap.org.uk/>

CAMHS Crisis Line — Out of hours service 0203 228 5980

5pm - 11pm Monday to Friday
and 9am - 11pm at weekends & Bank Holidays

The service is available to all Children and Young People across South London.

their deteriorating mental health and can help with crisis support, advice and counselling,

attendances and potentially reduce admissions and readmissions to hospital.

It can be accessed by existing or new service users or their families/ carers who are concerned about

It's staffed by trained CAMHS Crisis Practitioners, and aims to de-escalate crises, reduce A&E



Advice, apps & resources for mental health and wellbeing

Calmharm (UK charity on children & young people's mental health)

<https://calmharm.co.uk>

Clearfear (Free app to help with managing anxiety)

<https://www.clearfear.co.uk>

DistrACT (Help around self harm and suicidal thoughts)

<https://www.themix.org.uk>

Kooth (Anonymous online support for young people)

<https://kooth.com>

Bromley Wellbeing (Bromley Y)

Tel: 0203 770 8848

<https://www.bromleywellbeingcyp.org/>



Young Minds (Children & young people's mental health)

<https://youngminds.org.uk>

MindfulGnats (Helps young people develop mindfulness and relaxation skills)

<https://apps.apple.com/gb/app/mindful-gnats/id973919092>

Sexuality and Sexual Health

Snap Metro Youth (LGBTQ)

Tel: 0208 801 0400

<https://metrocharity.org.uk/>

Mermaids (Gender diversity)

Tel: 0808 801 0400

<http://www.mermaidsuk.org.uk>

Brook Clinic (Sexual health and wellbeing—under 25's)

<https://www.brook.org.uk/help-advice/>

Relationship support info

<https://clickrelationships.org/the-mix/>

Bromley GUM clinic (Sexual health)

<https://sexualhealthbromley.co.uk/gum-clinic/gum-clinic/>

Stay Alert
Control the virus
Save Lives

Staying fit at home

Sport England

https://www.sportengland.org/stayinworkout/#get_active_at_home

Herts Sports Partnership

(workout from home)

<https://sportinherts.org.uk/workoutfromhome/>

SuperBetter

(Builds personal resilience and boosts physical and emotional wellbeing)

<https://apps.apple.com/gb/app/smiling-mind/id560442518>

The Football Association

(Staying fit at home)

<http://www.thefa.com/get-involved/footballs-staying-home>



Bromley School Nurses

You can also get help & advice from the school nurse team

SNsafeguarding@nhs.net



Alternatively, if you are worried about health issues, why not fill in and return the school nurse **Health & Wellbeing Questionnaire**

available from the school nurse team



Stay In Touch

Help your GP keep in touch

You are entitled to GP support, care and assistance. You do not need permission from your parents or guardian to make an appointment or chat to one of our doctors or nurses. Any contact or discussions with practice staff clinical or other is treated as confidential.

With the increased use of tech in all we do, it's very important your GP practice has your up to date contact info. If you have a mobile and e-mail, simply email your GP practice, give them the details and your permission to text or contact you when needed.

GPs are now offering 'e-consult.' so you can email them a question or concern and they will reply within 48 hours to your e-mail.

You can find your GP practice email address on their website .

Beat the boredom

Stay in touch with friends and family. Even though we can't see them face to face, it's really important for everyone to have people to talk to when they are worried or feeling low.

Find something you can do from home to bring people together virtually. There have been some great examples such as people making music separately and then putting it together.

Ever wanted to build your own football team, stadium and everything around it, [click here](#) to try, you'll even have a virtual budget.

We all have a song or two in us, [click here](#) to go to a website that, with a few prompts from you, can give you sample lyrics. Share with friends and see what they come up with.

How about working with friends to develop a YouTube channel/ programme. It could be myth busting info sharing or a place to upload videos of personal experiences of lockdown.

Feel even more creative? Get with friends virtually and write a script. You can each film bits then edit together or wait till lockdown ends to film it - who knows, it could be the next big thing!