

What is in my control?	What is out of my control?	What can I do to gain control?
<ul style="list-style-type: none"><li data-bbox="362 323 703 384">● What I choose to read online <li data-bbox="362 866 573 895">● My self care	<ul style="list-style-type: none"><li data-bbox="853 323 1294 384">● What other people post on the internet <li data-bbox="853 866 1270 927">● The loss of my usual routine because of COVID 19.	<ul style="list-style-type: none"><li data-bbox="1382 323 1848 486">● Only look at certain websites and social media accounts of people that make me feel good. Try to limit the time I spend online.<li data-bbox="1382 531 1834 627">● Talk things through with someone if I need help making sense of my thoughts. <li data-bbox="1382 866 1848 994">● Try to stick to the same routine every day. Write it down and stick it on the fridge - tick things off when you have done them.<li data-bbox="1382 1038 1825 1102">● Ask someone to help motivate you if you are struggling.<li data-bbox="1382 1137 1803 1297">● Plan your meals and snacks using a visual timetable. Try some new recipes and get involved in cooking them yourself.

- Keeping myself safe and healthy

- The choices other people make putting their health at risk.

- Find an exercise routine to do online - there are lots of free ones on YouTube. Try to do it at the same time every day so it becomes part of your daily routine.
- Try to go to bed and get up at the same time every day.
- Stay at home, stay away from places and situations that make you feel as if you have little or no control.
- Keep yourself healthy by eating good foods and getting plenty of rest.
- Wash your hands!
- Always follow government guidelines.

- My thoughts

- How things that are out of my control might affect my mental health.
- What other people are thinking and saying.

- Speak to someone you can trust about how you are feeling. Give yourself a set time during the day to process what is going on. Maybe write down your thoughts and feelings.

- If you feel things are too much and you need professional help:

family.support@daisychainproject.co.uk

Daisy Chain are able to get you the right kind of help.

Kooth.com - Online counselling service.

If you are in crisis or danger:

Emergency Crisis Numbers

01642 524552 (out of hours emergency duty team)

999 - emergency services

Children's Hub - Open business hours Monday-Friday (subject to change)

Stockton and Hartlepool - 01429 284 284

		<p><u>Middlesbrough and Redcar – 01642 130 700</u> <u>Darlington - 01325 406 222</u></p> <p><u>Adults Hub - Open business hours</u> <u>Monday-Friday (subject to change)</u></p> <p><u>Stockton - 01642 527 764</u> <u>Hartlepool - 01429 523 390</u> <u>Middlesbrough/Redcar - 01642 065 070</u> <u>Darlington - 01325 406 111</u> <u>NSPCC: 0808 800 5000</u></p>
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