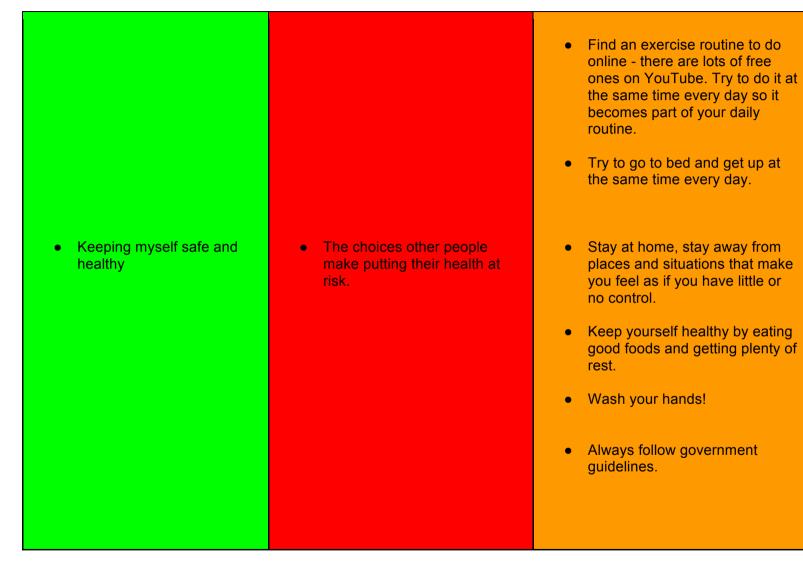
What is in my control?	What is out of my control?	What can I do to gain control?
What I choose to read online	 What other people post on the internet 	 Only look at certain websites and social media accounts of people that make me feel good. Try to limit the time I spend online. Talk things through with someone if I need help making sense of my thoughts.
• My self care	The loss of my usual routine because of COVID 19.	 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. Ask someone to help motivate you if you are struggling. Plan your meals and snacks using a visual timetable. Try some new recipes and get involved in cooking them yourself.



 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@daisychainproje ct.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: <u>Emergency Crisis Numbers</u> <u>01642 524552 (out of hours emergency duty team)</u> <u>999 - emergency services</u> <u>Children's Hub - Open business</u> <u>hours Monday-Friday (subject to</u>

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