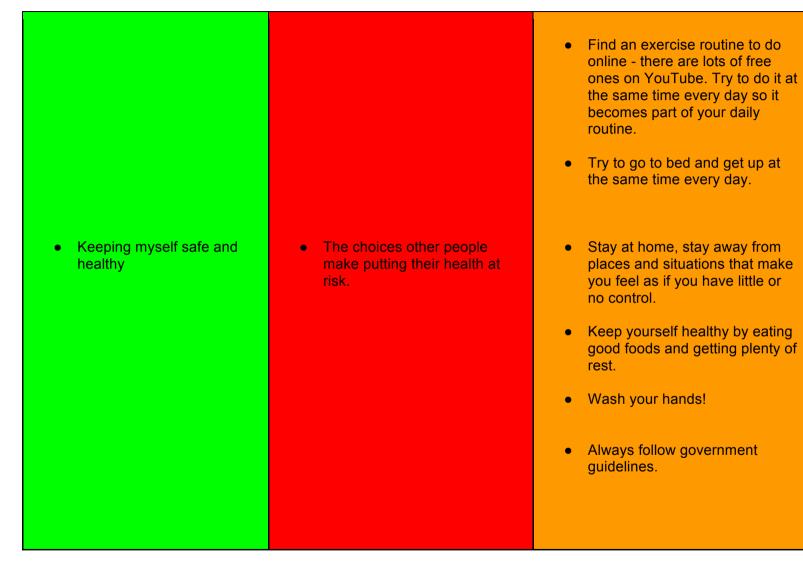
What is in my control?	What is out of my control?	What can I do to gain control?
What I choose to read online	<ul> <li>What other people post on the internet</li> </ul>	<ul> <li>Only look at certain websites and social media accounts of people that make me feel good. Try to limit the time I spend online.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



<ul> <li>How things that are out of my control might affect my mental health.</li> <li>What other people are thinking and saying.</li> </ul>	<ul> <li>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.</li> <li>If you feel things are too much and you need professional help: family.support@daisychainproje ct.co.uk</li> <li>Daisy Chain are able to get you the right kind of help.</li> </ul>
	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