

## Important messages from your safeguarding team

### At Home Doesn't Mean Alone

Coronavirus (COVID-19) is affecting all our lives. You might be feeling overwhelmed, sad, or confused about the outbreak of coronavirus and feel worried about yourself, or your family and friends.

Things are changing fast and we may not be able to do the things we previously enjoyed. For some of us, this, combined with staying at home can affect our mental health and for those of us already living with mental health problems this could be a very challenging time.

It's important to remember though that help and support is available and that there are things we can all do to support our mental health and well-being at this difficult time.

We are also here to support you - you can contact the college's safeguarding team by emailing [safeguarding@gloscol.ac.uk](mailto:safeguarding@gloscol.ac.uk) monitored Monday to Friday from 08:30-17:00

### Useful Links –

<https://www.mind.org.uk/information-support/coronavirus/>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

<https://www.rethink.org/advice-and-information/covid-19-support/>

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

### 5 things you can do to take care of your well-being

**Stay Connected-** Make plans to video chat with people or groups you'd normally see in person. If you are worried that you might run out of things to talk about, make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other.

**Keep a Routine-** Plan how you'll spend your time. It might help to write this down on paper and put it on the wall. Try to follow your ordinary routine as much as possible. Get up at the same time as normal, follow your usual morning routines, and go to bed at your usual time. Set alarms to remind you of your new schedule if that helps.

**Exercise –** Build physical activity into your daily routine, if possible. Most of us don't have exercise equipment like treadmills but there are still activities you can do such as online workout videos or going for a walk or run.

**Keep your mind occupied-** Keep your brain occupied and challenged. Set aside time in your routine for this. Read books, magazines and articles. Listen to podcasts, watch films and complete college work.

**Take care with news and information -** Stay connected with current events, but be careful where you get news and health information from. Use trusted sources such as the BBC, GOV and NHS websites.

### Where you can find help and support-

**Teens in Crisis (TIC+)** - Text: 07520 634063 /  
Tel: 01594 372777 / [admin@ticplus.org.uk](mailto:admin@ticplus.org.uk)

**Samaritans** - 116 123 / [jo@samaritans.org.uk](mailto:jo@samaritans.org.uk)

**Childline** – 0800 1111 / 1-1 chat available via website - [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**The Mix** – 0808 808 4994 / Crisis messenger – 85258

**Mind** – [www.mind.org.uk](http://www.mind.org.uk)

**Crisis Team** - 0800 1690398

**If you have serious concerns for your own or someone else's well-being that is a threat to safety, tell the police via [www.gloucestershire.police.uk](http://www.gloucestershire.police.uk), by calling 101, or in an emergency by calling 999.**

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