

A Guide for Children and Young People : Looking after your emotional wellbeing: stay connected

Developed by the Croydon Mental health Support Team



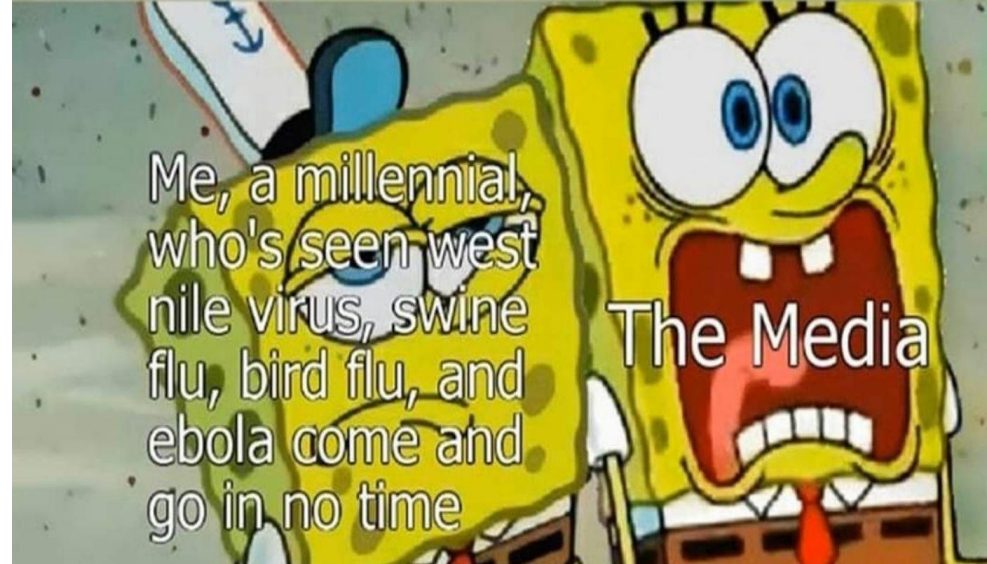
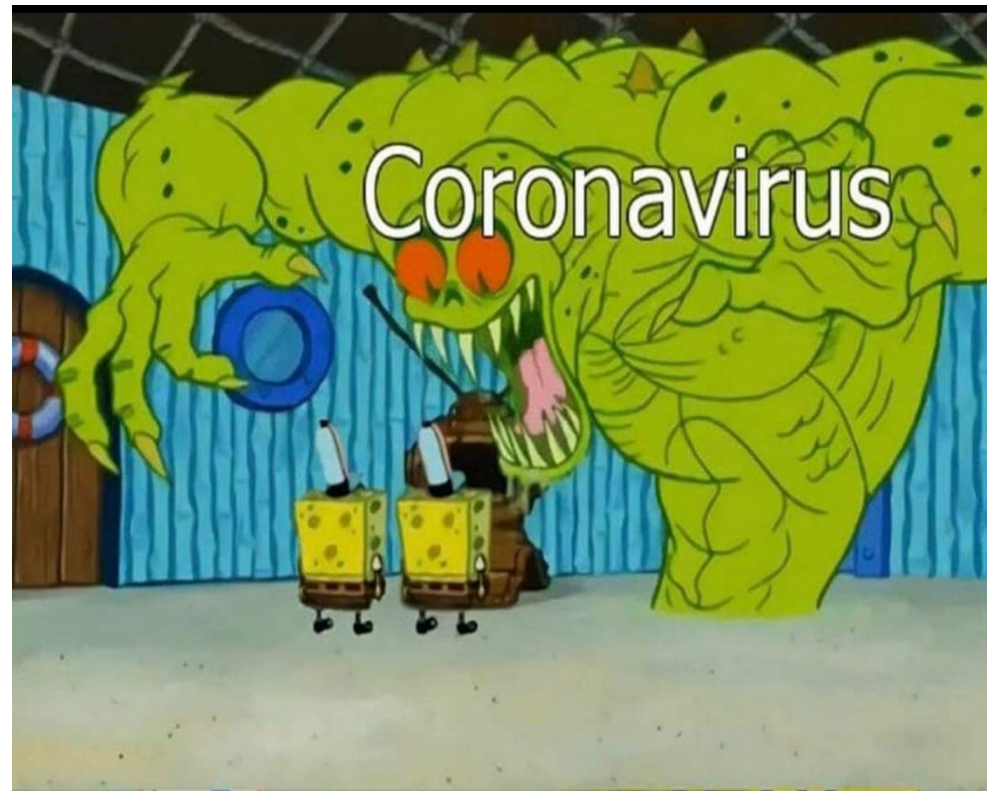
There is a lot of uncertainty around the current Coronavirus outbreak, particularly as the situation is constantly developing and the information about the virus remains incomplete.

Understandably, this is causing a lot of worry and anxiety for people, particularly around how to stay well and healthy as well as not pass the virus onto vulnerable loved ones.

Given the recent recommendations around social distancing, staying indoors, working from home and schools closing (as a way to reduce our, and vulnerable others, risk of exposure to the virus), it's likely that loneliness and anxiety may develop for some.

Good mental health and positive wellbeing can help you better cope with the Coronavirus disruption and the uncertainty it's creating

It is important to remember that whilst doctors and the government have to plan for worst case scenarios, it doesn't mean the worst case is the most likely outcome.



Are you **OK south west London?**

1. Seek accurate information

- Only read information from official sources e.g. NHS, World Health Organisation, Gov.UK, BBC or Centre for Health Protection.
- These credible sources help avoid the fear and panic that misinformation may cause.



2. Sets limits around news and social media

Avoid excessive exposure to media. Constant monitoring of news updates and social media about Coronavirus can intensify feeling of worry and distress.

Consider:

- Turning off automatic notifications
- Setting boundaries of how much news you consume e.g. once a day at a specific time

