



LANCASHIRE EMOTIONAL HEALTH IN SCHOOLS

**Well-being During Covid-19:
Information and Support for Families**



Lancaster
University

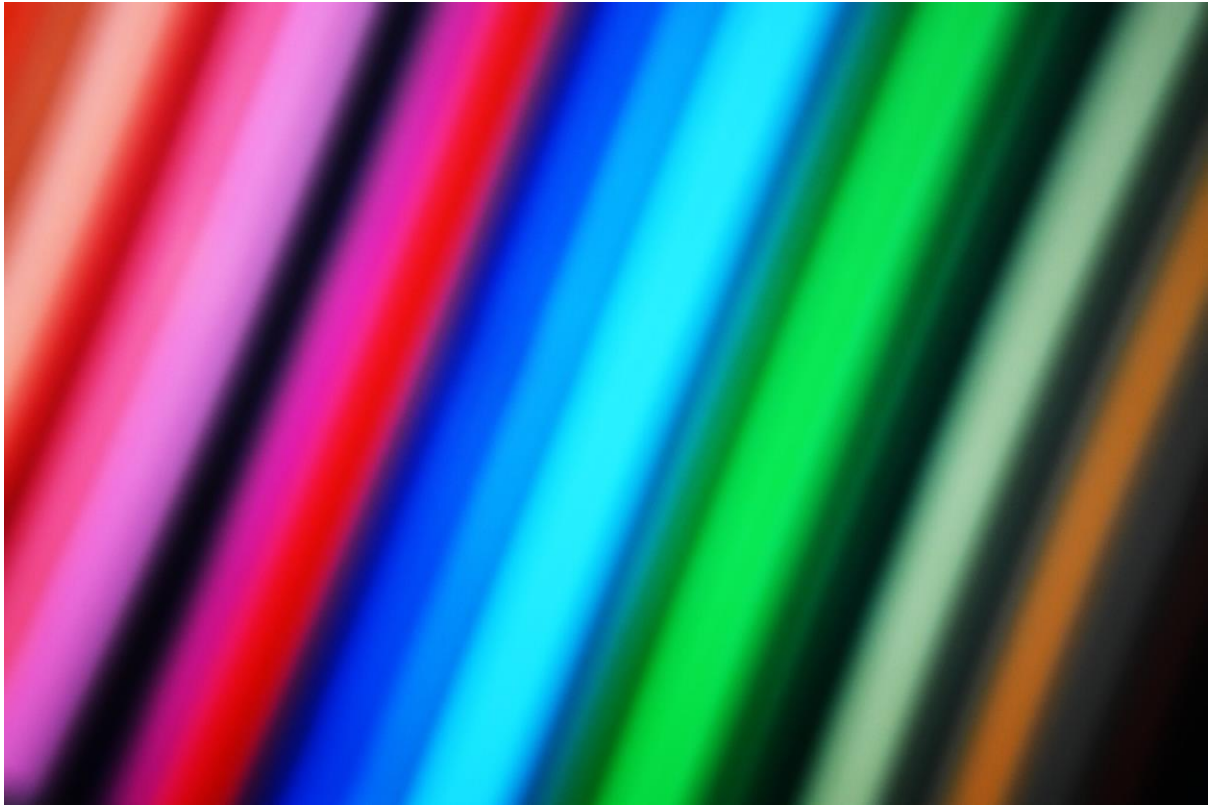


Funded by:

Lancashire
County Council



Who are we?



Lancashire Emotional Health in Schools and Colleges is a small team of qualified clinical psychologists who provide training to school staff and families around children's emotional or mental health. We have all worked in mental health services and have lots of experience in working with children, families and young people.

We are funded by Lancashire County Council to provide free training and support to schools in the county.

We want to help schools and families better understand children's mental health, and how to better support young people and ourselves in being emotionally healthy.

Our team:



1 - Dr. Richard Slinger



2 - Dr. Stacey Story



3 - Dr Anna Duxbury

The current situation

Covid-19 has brought many changes to our lives.

These may include a change in our usual daily routines, worries about our health and the health of our family and friends, reduced social contact with friends and family. Adults may have new worries about their jobs or finances.

Children and young people may be struggling due not being at school and having contact with friends, or might be worried about their family and loved ones.



All of these things could bring about many difficult feelings for adults and children trying to adapt to these changes.

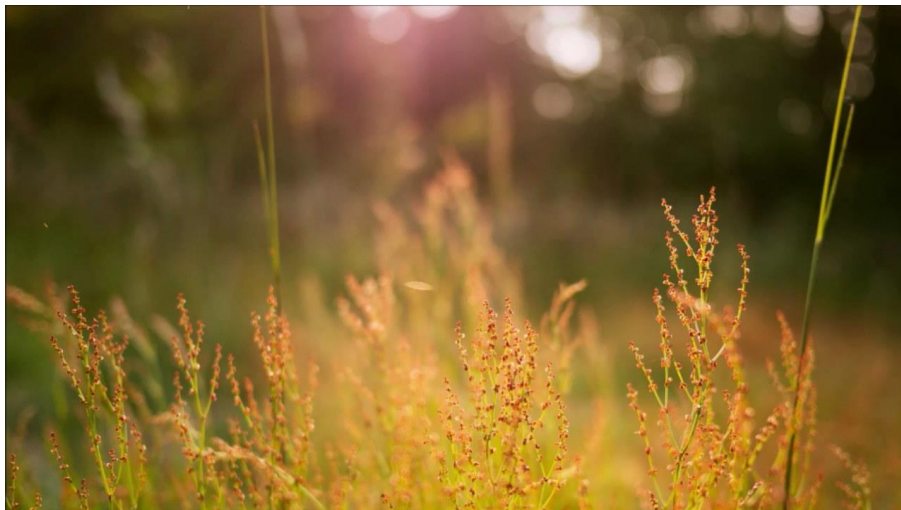
All of us are likely to experience a range of feelings such as anxiety, sadness, loss or boredom.

It is important to recognise that many of these feelings are normal and understandable in the current situation, but they can be difficult to cope with.



We asked some young people living in Lancashire to tell us how they were feeling at the moment about schools being closed and having to stay home and away from people.

Click below to hear what they thought.



<https://sway.office.com/8oQ8Wc5LL02BdEID#content=UiHfxelpYqU2bt>

1. Emotional Health Explainers



How can we understand what might be going on for us and our families right now?

You can click on the links below to read some brief information on common issues that people might be experiencing right now that aim to help you understand why they are happening.

How are children and young people feeling right now? How might our emotional or mental health be affected?



Click [here](#) to go to this information.

What is stress, worry or anxiety?



Click [here](#) to find read more.

How can I talk to people who might be scared, upset or worried about what is going on? How do I reassure my children?



Click [here](#) to read about ways to communicate well with each other, especially with children and young people.

What if I'm feeling very sad or really down about everything that is happening? Or what if someone close to me is feeling like this?



Click [here](#) to read about why we might feel sad, low or depressed.

2. What could help you to cope with difficulties right now?



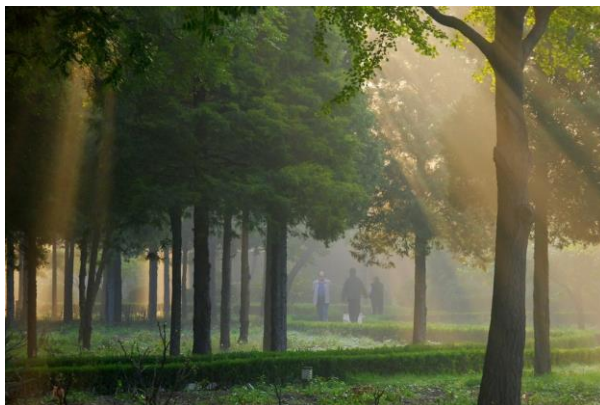
What might help us cope better with the difficult feelings that we or our families might be having right now?

You can click on the links below to read some more information on some ways that could help cope better at the moment.



How can I understand why I might be feeling more stressed or anxious right now?

Click [here](#) to find out more.



What can help us be calmer and reduce stress and worry?

Click [here](#) to find out more.



How can I talk to and support my children better if they are feeling worried or upset?

Click [here](#) to find out more



How can I help myself or family members get a better night's sleep right now?

Click [here](#) to find out more



What are some ways I could help myself or family members feel happier right now?

Click [here](#) to find out more



How could I help myself or a family member who is feeling sad or low right now?

Click [here](#) to find out more

3. Signposting for support



Within all our short courses we will share contact details and online links where you can find more information on mental health issues and support you can access for yourself and your family.

If you are looking for more information about local support services we have put together a list of services and links [here](#). Or you can search a local directory of services [here](#).

4. Get in Touch

If you want to know more about our work with Lancashire schools, or if you would like to share any thoughts and feedback on our online information, please get in touch via email at:

lehss@lancaster.ac.uk