

COVID-19: Information for our 13-19 year old patients

As a practice, we wanted to take this opportunity to advise you that we are still here, able and willing to support you and provide services for your on-going or developing medical needs.

We are also able to still see you face to face but only if this is essential. Currently, we will need to speak / video consult with you first as the best way to keep you safe and maintain your health.

Here are some young person friendly websites, apps and resources focused on helping you navigate through these uncertain times as well as supporting your emotional and physical well-being.

UK information websites on COVID-19

NHS (nhs.uk) website COVID-19 advice

- <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Government (gov.uk) website COVID-19 advice

- <https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

Young Scot website COVID-19 advice

- <https://young.scot/campaigns/national/coronavirus>

COVID-19 Sleep tips from Evelina Children's Hospital

- <https://www.evelinalondon.nhs.uk/our-services/hospital/sleep-medicine-department/coronavirus-sleep-tips.aspx>

COVID-19 Sleep tips from the PHSE Association

- <https://www.pshe-association.org.uk/curriculum-and-resources/resources/sleep-factor—home-learning-lesson-plans-healthy>

Resources to manage COVID-19 for Children & Young People

- <https://young.scot/campaigns/national/coronavirushttps://cypmedtech.nihr.ac.uk/2020/04/06/covid-19-resources-for-children-young-people-and-families/>

Websites offering links to a number of Young People friendly resources

Anna Freud (Links to number of wellbeing resources, list of sources of help for those with urgent needs)

- <https://www.annafreud.org/on-my-mind>

Childline (Help and advice on a wide range of issues)

- <https://www.childline.org.uk/>

Footsteps Teeside (Coping with isolation, mental health & wellbeing. Resources peer reviewed by student Hollie Smith)

- <https://footstepsteesside.co.uk/covid-19/>

Health for Young People (Good links to advice & information on sexual health, mental health and long term conditions)

- <https://what0-18.nhs.uk/health-for-young-people>

Healthy Young Minds (Herts based, Has links to local and national advice and sources)

- <https://healthyyoungmindsinherts.org.uk/parents-and-carers/advice-parents-during-covid-19-outbreak>

The Mix (Advice and support for the Under 25's)

- <https://www.themix.org.uk>

Young People's Health.org (Wide range of links to valuable resources)

- <https://www.youngpeopleshealth.org.uk/covid-19>

Websites offering advice on keeping fit, at home

Free 30 day Yoga course

- <https://www.youtube.com/watch?v=-jhKVdZOJM>

Herts sports partnership (workout from home)

- <https://sportinherts.org.uk/workoutfromhome/>

NHS Physical active guidelines for children and young people

- <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/?tabname=how-much-exercise>

SuperBetter (Builds personal resilience and boosts physical and emotional wellbeing)

- <https://apps.apple.com/gb/app/smiling-mind/id560442518>

The Football Association (Staying fit at home)

- <http://www.thefa.com/get-involved/footballs-staying-home>

21 best home exercises for men (workout from home)

- <https://www.menshealth.com/uk/building-muscle/a754099/the-15-best-beginners-exercises-to-do-at-home/>

Young people friendly websites offering advice, applications and Resources on mental health and well-being

Calmharm (UK charity on children & young people's mental health)

- <https://calmharm.co.uk>

Clearfear (Free app to help with managing anxiety)

- <https://www.clearfear.co.uk>

DistrACT (Provides help around self harm and suicidal thoughts)

- <https://www.themix.org.uk>

Headspace (Guidance & training in mindfulness, free extended access during COVID=19)

- <https://www.headspace.com/>

Kooth (Anonymous online support for young people)

- <https://kooth.com>

MeeTwo (Helps teenagers to talk about difficult things)

- <https://www.meetwo.co.uk>

MindfulGnats (Helps young people develop mindfulness and relaxation skills)

- <https://apps.apple.com/gb/app/mindful-gnats/id973919092>

MindShift (Canadian app with advice managing anxiety and depression)

- <https://www.anxietycanada.com/articles/new-mindshift-cbt-app-gives-canadians-free-anxiety-relief/>

MoodGym (Interactive program to help with low mood)

- <https://moodgym.com.au>

Recharge-move well, sleep well, be well (Program to help improve mood and energy levels)

- <https://apps.apple.com/au/app/recharge-move-well-sleep-well-be-well/id878026126>

Sleepio (online sleep improvement programme)

- <https://www.sleepio.com>

Smiling minds (Australian app-based meditation programme)

- <https://apps.apple.com/gb/app/smiling-mind/id560442518>

Young Minds (Children & young people's mental health)

- <https://youngminds.org.uk>

Top tips for parents to help their young person (by Author Dr Dominique Thompson)

- <https://buzzconsulting.co.uk/docs/PDF-Top-tips-for-parents-of-locked-down-teens.pdf>