

Crisis Support

24/7 all ages



Mental Health Support Team

Parent Self Support

TALK TO US
If things are getting to you

116 123 FREE
This number is FREE to call round the clock.

jo@samaritans.org

samaritans.org

SAMARITANS
A registered charity

BUCKINGHAMSHIRE & OXFORDSHIRE
MENTAL HEALTH HELPLINE

Adults: 01865 904997
Children and young people: 01865 904998

NHS
Oxford Health
NHS Foundation Trust

Self Care



Every Mind Matters:

<https://www.nhs.uk/oneyou/every-mind-matters/>

CONNECT
TALK & LISTEN, BE THERE, FEEL CONNECTED

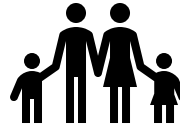
BE ACTIVE
DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

TAKE NOTICE
REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

KEEP LEARNING
EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

Give
Your time, your words, your presence

NHS 5 Way to Wellbeing: :
<https://bit.ly/wayswellbeing>



Parenting Ideas and Support Advice

NSPCC: [Support with keeping children safe in lockdown](#)

Family Lives: [Coping with family life in lockdown.](#)

Relate: [Relationship support in lockdown.](#)

MindEd: [Supporting Children's Mental Health](#)

Public Health England: [Government Advice during lockdown](#)

Young Minds:

[Young Minds Parents Line](#)

[Young Minds Talking About Isolation](#)

Western Health and Social Care Trust: [Supporting Parents Worried About Their Children.](#)

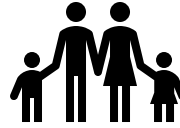
Active for Life on Facebook: [support ideas on physical literacy.](#)

Some suggested Instagram accounts:

@thehappynewspaper
@the_happy_broadcast
@upworthy



Please note with social media accounts we do not have control of content posted on the pages or endorse links found on these sites.



Parenting Ideas and Support

Activities

[Daily mindfulness practice](#): links and suggested activities for mindfulness.

[Mindfulness Session Podcasts](#): podcasts around mindfulness

[Podcasts, Guided Meditations & Talks.](#): podcasts and ideas around meditation.

[Chatterpack](#): **A list of free, online, boredom-busting resources.**

[Lockdown Time Capsule](#): an activity pack to think about how to deal with lockdown.

The Wellness Society: [free COVID-19 Anxiety support workbook](#)

Suggested APPs

[Headspace](#): mindfulness

[Calm](#): mindfulness and sleep support

[MindShift CBT](#) cognitive behaviour therapy

[Buddhify](#): meditation and mindfulness