

We are currently changing the way, we ,as counsellors work due to the Corona Virus. Face to face sessions all have been cancelled and postponed for the near future.

We are still available to speak to any young people who wish to continue with their counselling sessions. We can do this via phone/email/text, at present and may look at other options in the next few weeks.

If you are on any of our waiting lists, someone will be contacting you shortly to let you know what is happening with your referral.

Please get in touch still if you want to make a referral for counselling support:

Info shop counselling enquiries – 07800689039/07808787643 or

email – **outside_in@wrexham.gov.uk**

School counsellors: between school hours 09:30-3:30pm on their allotted day in school

Penley – Contact Tracey on – 07800689088 - Monday

Clywedog – Contact Sharon – 07800689039 – Thursday & Friday

Contact Tanya - 07808787643 – Monday

St. Joseph's – Contact Louise - 07753771781 - Monday

Darland – Contact Louise - 07753771781 Monday

Or Janet - 07800999001 Tuesday

Ruabon – Contact Janet - 07800999001 Monday & Thursday

Rhosnesni – Contact Lisa - 07808787532 Tuesday & Thursday

Morgan Llwyd – Contact Lisa - 07808787532 - Monday

Contact Tanya – 07808787643 - Friday

St. Christophers – Contact Julie Edwards – 07584378333 – Thursday

Grango – Contact Julie Edwards -07584378333 - Friday

Bryn Alyn – contact Julie Hawkins – 07800687001 – Monday & Tuesday

We will be looking to do our drop- in a different way too. We will be in touch soon when we finalise how this is going to look and post ways to contact us via this.

Advice for Parents

If there are risk/safety concerns consider restriction or removal of potential harmful items to minimise any possible risk

Ensure all relevant people are aware of concerns such as other family members, teachers, other services or professionals involved

Encourage accessing self help information and use of distraction techniques (examples shown in images)

Encourage seeking support from others; identify the young person's support network

Monitoring of mood

Encourage open discussion

Attend A&E if there is an imminent concern for safety and/or medical attention is required

Keep a record of 'support and safety plans' and ensure the young person also has a copy

Liaise with GP, Counsellor or CAMHS

Betsi Cadwaladr University Health Board

Gwasanaeth Iechyd Meddwl Plant a Pobl Ifanc
Ffordd Croesnewydd, Ysbyty Maelor,
Wrexham, LL13 7TD

Child and Adolescent Mental Health Service
Croesnewydd Road, Maelor Hospital,
Wrexham, LL13 7TD

THE BEST APPS FOR MENTAL HEALTH

Psychology Wales

- 1 HEADSPACE**
HeadSpace is a free app that offers a range of self-help resources for young people. It includes guided meditations, breathing exercises, and mood tracking tools. It's available on both iOS and Android.
- 2 WELLMIND**
WellMind is a free app that provides a range of self-help resources for young people. It includes guided meditations, breathing exercises, and mood tracking tools. It's available on both iOS and Android.
- 3. 10TD - THOUGHT OF THE DAY**
10TD is a free app that provides a range of self-help resources for young people. It includes guided meditations, breathing exercises, and mood tracking tools. It's available on both iOS and Android.
- 4 CATCH THAT THOUGHT**
Catch That Thought is a free app that provides a range of self-help resources for young people. It includes guided meditations, breathing exercises, and mood tracking tools. It's available on both iOS and Android.
- 5 THE STRESS AND ANXIETY COMPANION**
The Stress and Anxiety Companion is a free app that provides a range of self-help resources for young people. It includes guided meditations, breathing exercises, and mood tracking tools. It's available on both iOS and Android.
- 6 THRIVE**
Thrive is a free app that provides a range of self-help resources for young people. It includes guided meditations, breathing exercises, and mood tracking tools. It's available on both iOS and Android.



GIG Cymru NHS Wales

Bwrdd Iechyd Prifysgol Betsi Cadwaladr University Health Board

Wrexham CAMHS

Wrexham Child and Adolescent Mental Health Service

Keeping Safe: Self Help information



Betsi Cadwaladr University Health Board

Coping with your low mood

9 Common Causes of Low Mood

| | | | |
|---|---|--|---|
|  Bullying |  Falling behind with school work |  Family problems and arguments |  Loneliness |
|  Traumatic events |  Physical health problems |  Family history of depression |  Moving school or home |
| |  Friendship and relationship difficulties | | |

Symptoms - Mind and Body


| Psychological | | Physical | |
|--------------------------------|--|-----------------|--|
| Frightened, worried or anxious |  | Aches and pains |  |
| Upsetting thoughts | Lack of interest and motivation | Self-harm | Changes in appetite |
| Guilt | Isolating yourself | Disturbed sleep | Tired |
| Sad and tearful | | | |


8 Ways To Help Yourself Feel Better

| | | | |
|---|---|---|--|
|  Spend time with a friend |  Keep active |  Sleep well every night |  Eat healthily and regularly |
|  Avoid drugs and alcohol |  Listen to music, draw, read or write a diary |  Speak to an adult (parent, teacher or health worker) |  Plan something to do each day |

Places where you can get more help

 **Charities**
 Youngminds.org.uk
 Youthhealthtalk.org
 Childline.org.uk; 0800 1111
 Samaritans.org; 116123

 **Books**
 For a list of helpful books:
 Reading-well.org.uk

 **Contact a parent, teacher or:**

Some tips on coping with stress and cancelled exams.



Some of your pupils will be celebrating, others will be understandably upset... as we move forwards we would like to give you some tips on coping with all those unhelpful thoughts that your pupils will no doubt be having, you know the “what ifs”... especially as you may be stuck inside and have a lot of time to think!

Ok so.....

Tip 1 – You can’t change it; no matter how hard we try! We can however choose to look at things differently – try and focus on the things that are more positive.

Tip 2 – Keep busy! We will be sharing lots of safe, fun ideas to keep you busy... as appealing as 4 solid weeks on a games console may sound it will ultimately damage your emotional well-being.

Tip 3 – Be kind to yourself, take time to destress and relax.

Tip 4 – Keep in touch with friends; even if you can’t see them in person put some time aside each day to socialise online... just remember there is such a thing as too much screen time!

Tip 5 – Don’t believe everything you hear! There is a lot of fake information out there, especially on social media!

Tip 6 – Try not to over expose yourself to the news, it will inevitably increase your anxiety.

Tip 7 – If you are struggling, reach out for help, see the list of numbers and websites below:

Childline – 0800 1111 or <https://www.childline.org.uk/>

<http://youngwrexham.co.uk/>

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

Have you seen.....



**Public Health
England**

Public Health England have produced a range of Coronavirus (COVID-19) public information materials that have been created for you to use in communications with the general public. The health campaign advice informs the general public about how they can help protect themselves and others, and help prevent the spread of Coronavirus (COVID-19).

[Click here to access the resources](#)



Send pupils home with online safety activities

We know that schools are facing significant challenges at the moment. As you prepare to send pupils home, you may be thinking about the tasks and activities they can take with them.

As a valued part of Google's **Be Internet Legends** community, you have access to loads of fantastic resources. They're all designed to help children explore the internet safely and confidently - and many of them are perfect for **continuing learning at home**.

To save you a bit of time, Google and Parent Zone have put together a '**Legendary Learner Pack**' that you can email directly to families - or print and hand out to pupils. It's totally up to you.

[Download the pack](#)

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