



Supporting children and young people with their routine after lockdown

Signs and symptoms to look out for:

Are they ...?

- Displaying different behaviours and emotions
- Bad-tempered and irritable
- Struggling with their sleep
- Sluggish and unmotivated
- Tearful
- Moody
- Skipping meals
- Worried or nervous
- Exhausted, fatigued, or just tired

As a trusted adult you can provide support just by listening and valuing the feelings the child/young person is expressing.

You can suggest the following tips and useful resources:

- Setting an alarm in the morning helps add structure to the day.
- [Eating breakfast](#) gives students an energetic boost to start their day.
- Encouraging a consistent bedtime, [a good night's sleep is important](#).
- Going to bed 15 minutes early to [unwind and relax before going to sleep](#).
- [Limit time on devices](#) before bed helps relax their mind.

Free local support services for children and young people:

[Time Out delivered by Healthy Minds](#) helps children and young people 'find their thing', through activities such as arts, crafts, sports, singing and drama sessions. Time Out also has a **Listening Line** which provides support and advice for students. **Text 07418 311736**. They offer three sessions with a project worker to talk through worries.

- **Age range:** 10-19 years
- **Referral process:** self-referral
- **Contact details:** 01422 345154 or timeout@healthymindscalderdale.co.uk

[The BREW Project delivered by Invictus Wellbeing](#) offers children and young people who present with personal, social, emotional concerns to access bespoke support sessions.

- **Age range:** 5-17 years
- **Referral process:** [online referral form](#)
- **Opening times:** Monday to Friday, 9am-5pm (referrals only)
- **Contact details:** 01422 730015 or support@invictuswellbeing.com

[Kooth](#) is a free, safe anonymous online counselling and support service. Young people can access Kooth's counselling service, self-help resources, peer to peer forums and interesting articles written by young people for young people.

- **Age range:** 10-25 years
- **Referral process:** self-referral
- **Opening times:** until 10pm every evening, 365 days a year

[ChatHealth, Healthy Futures Calderdale](#) is an NHS-approved secure and confidential text messaging support service for young people.

- **Age range:** 11-19 years
- **Referral process:** self-referral
- **Contact details:** text: 07480 635297

[C&K Careers CHAT](#) is a support, advice and guidance service to young people and their parents/carers. CHAT has friendly advisers who will listen and support young people with college or sixth form, future options, CVs and interviews, employment skills, worries and much more.

- **Age range:** 13-24 years
- **Referral process:** self-referral
- **Opening times:** Monday to Friday, 9am-5pm
- **Contact details:** 01484 213856 or chat@ckcareers.org.uk

Advice for Parents and Carers:

[Is your child finding the back to school routine difficult?](#) This leaflet provides parents and carers with some top tips, useful resources, and links to local support services here in Calderdale.

Free training offer for staff and students:

- Training workshops are available for **school staff** around EHWB. This is delivered by Open Minds (CAMHS) training@calderdalecamhs.org.uk
- Training workshops are available for **students** around EHWB. This is delivered by Healthy Minds, Time Out Tara@healthymindsalderdale.co.uk
- Training workshops are available for the **wider workforce** around EHWB. This is delivered by Open Minds (CAMHS) training@calderdalecamhs.org.uk