

INFORMATION AND HANDOUTS

Mental Health and Psychosocial Considerations during COVID-19 Outbreak

World Health Organization

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

Supporting Children and Young People with Worries about COVID-19

Emerging Minds (University of Reading, University of Oxford) - Advice for parents, carers and people that work with children and young people

https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf

Talking To Children and Youth about COVID-19 | British Psychological Society

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf>

Child Mind Institute

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Living with Worry and Anxiety amidst Global Uncertainty | Psychology Tools

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

Unicef Advice for Teenagers

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

How Do I manage the COVID-19 as a Parent of a Child with ASD

<https://www.autismparentingmagazine.com/managing-coronavirus-with-autism/>

MANAGING ANXIETY AND STRESS

Coping Skills for Children : Coping skills for dealing with the COVID-19

<https://copingskillsforkids.com/coping-with-coronavirus>

Mental Health Foundation Tips

<https://www.mentalhealth.org.nz/get-help/covid-19/top-tips-to-get-through/>

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html#parents>

FACE COVID | Russ Harris

Practical steps for responding effectively to the COVID-19, using the principles of acceptance and commitment therapy (ACT).

https://drive.google.com/file/d/1_O8grFdwMDuGVIE_RvdRfhHhf6xf3tY8/view?fbclid=IwAR2bqIQ8WWPzmemAf7ExBIsL3grQmR10HBs9u_uTa3DxXPdDh3wiPi1cjxQ

<https://youtu.be/BmvNCdpHUYM>

7 Science-Based Strategies to Cope with the COVID-19 Anxiety

<https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>

AVAILABLE SERVICES

- YOSS Service
Palmerston North
Working hours: 10.00am-4.00pm Monday – Friday and can contact young people via phone, email or text for both support and health care.
Please text us on 027 3555909
Email us office@yoss.org.nz
Message us on facebook www.facebook.com/youthonestopshop
Urgent: message on 06 355590
Levin
Please text or ring Glenn on 021 810485 and Michelle on 021 08912341
Email glenn@yoss.org.nz and michelle@yoss.org.nz
- COVID-19 Healthline: 0800 358 5453
- Healthline: 0800 611 116
- Depression Helpline: 0800 111 757 or text 4202
- Mental Health Crisis Team: 0800 653 357
- Alcohol & Drug Helpline: 0800 787 797 or text 8681
- Safe to talk: Sexual harm helpline: 0800 044 334 or text 4334
- Gambling Helpline: 0800 654 655 or text 8006
- Quitline: 0800 778 778 or text 4006
- OUTline: 0800 688 5463
- Youthline: 0800 376 633
- Oranga Tamariki: 0508 326 459