**CPSS Update 8.6.2020**

**Resources**

**Resource 1 a&b**



**Resource 1a** Resource Pack for Children and Young People

<http://www.cypsp.hscni.net/wp-content/uploads/2020/04/CYP-Resource-Pack-April-2020.pdf>

**Resource 1b** COVID-19: Fortnightly Family Support Hubs Newsletter The Family Support Hubs continue to be open for referrals during the current situation. They will try to access Family Support agencies during this time but this will be subject to individual projects ability to respond

<http://www.cypsp.hscni.net/download/fs-hubs/COVID-19-Family-Support-Newsletter.pdf>

**Resource**



**Resource 5a**

**AWARE**

AWARE is delighted to announce the launch of our fourth video in our series of mental health awareness videos.This video explores the key mental issues affecting young people today. This guide shows you how to recognise signs of poor mental health and provides self-help tips and ideas to improve your wellbeing.

<https://youtu.be/vCL63SlhPmU>

Below are links to the previous videos in this series.

**Looking after your mental health during lockdown:** During these challenging times it is so important to look after our mental health. This short video explores how you can look after your mental health during lockdown. <https://www.youtube.com/watch?v=SphLG0znXd4&feature=youtu.be>

**Take 5:** These are difficult times and it is important to try to look after your mental health as much as possible. The 'Take 5 steps to well-being' is a set of evidence-based public health messages aimed at improving the well-being of everyone. They are really simple steps that everybody can take. This short video shows us how we can apply them to daily life. <https://www.youtube.com/watch?v=VXHgUWnOo68>

**10 things you can do to feel better right now:** Simple steps that we can implement into our lives that can make a big difference to our mental health.

<https://youtu.be/u-oBEgk4nzM>

<https://www.facebook.com/AwareNI/videos/764144557450978/>

**Resource**

This has been and continues to be a very challenging time, especially for children & young people. We want to invite you take part in our C.O.N.N.E.C.T.I.O.N.S challenge to encourage you to think about what this experience has been like to live through and to promote connections at a time when these are harder to maintain than ever.  The challenge is for children & young people aged between 6-18.

Read through the questions in the attached Connections Pack and type your answers in the boxes provided on the form. Then email the form back to [Tom@aware-ni.org](mailto:Tom@aware-ni.org) for a chance to win a £20 Amazon voucher! Responses will be used anonymously for the purpose of reporting on young people’s lives during COVID-19.

<https://www.aware-ni.org/images/Connections_Pack_Final.pdf>

**Resource**



**Eating Disorders and Lockdown**

The UK charity [**BEAT Eating Disorders**](https://www.beateatingdisorders.org.uk/) has seen a 50 per cent rise in demand for its Helpline since the coronavirus outbreak began.

This figure is unsurprising: the lockdown has destroyed any sense of routine and led to changes in the support on offer – two vital elements in eating disorder recovery.

Young people who suffer from an eating disorder, of any kind, may well be more affected by this period of uncertainty than most – so how can you help them?

<https://parentzone.org.uk/article/eating-disorders-and-lockdown-%E2%80%93-how-help?utm_source=Parent+Zone+Newsletter&utm_campaign=c80213ace8-EMAIL_CAMPAIGN_2020_06_04_01_04&utm_medium=email&utm_term=0_1ee27d9000-c80213ace8-179239113>