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Receive Updates



Emotional Wellbeing - Manchester Local Offer Newsletter Special Edition

Manchester City Council sent this bulletin at 16-04-2020 01:21 PM BST

LOCAL OFFER
CHILDREN AND YOUNG PEOPLE
WITH SPECIAL EDUCATIONAL NEEDS
AND DISABILITIES 0-25 YEARS

www.manchester.gov.uk/sendlocaloffer

The banner features two photographs: one of a woman and a young girl smiling, and another of a man and a young boy sitting together.

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This special edition of the Manchester Local Offer Newsletter focuses on the **emotional wellbeing** of you and your family while at home.

Please let us know if we've missed anything that you have found helpful.

The Local Offer Team

Email: localoffer@manchester.gov.uk

[Coronavirus Local Offer Advice & Information](#)

www.manchester.gov.uk/sendlocaloffer

Families With Disabled Children

Autism Podcast

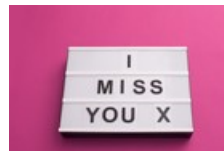
This podcast - [Coronavirus and helping children with autism](#) - focuses on practical tips like how to help manage anxiety, maintain structure, and explain the situation to young people.

Challenging Behaviour – Supporting Your Loved One At Home

An [information sheet](#) from the Challenging Behaviour Foundation.

Coping With COVID-19 Isolation

A [helpful factsheet](#) about supporting children with a learning disability /ASD, produced by Cardiff and Vale University Health Board.

**COVID-19 & Autism**

Papyrus has some [tips for dealing with the impact](#) of the outbreak on the mental wellbeing of young people with Autism.

Help For Children & Young People With A Visual Impairment

[Sight Advice FAQs](#) - includes guidance around talking to children about coronavirus.

Reassuring Deaf Children

[The National Deaf Children's Society has a blog](#) about supporting and reassuring deaf children at this time, with some useful links.

Supporting Children Who May Be Especially Vulnerable

Place2Be's Principal Educational Psychologists [suggest some ways to support children](#) who may be especially vulnerable at this time of uncertainty.

Supporting Neurodiverse Children In Challenging Times

A 12 minute [You Tube video](#) by a paediatrician about supporting children in challenging times like self-isolation.

**Tips For Autistic People & Their Families**

The National Autistic Society has [Tips for Autistic People & Families](#), such as putting in structure and routines to help manage anxiety.

General Guidance For Families

One Education Advice About Talking To Children

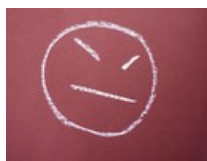
[A guidance sheet from One Education](#) on Talking to Children About Coronavirus.

Talking To Your Child About Coronavirus

[Guidance for parents](#) from Young Minds. Also [Ten Tips From Our Parents Helpline](#).

Winston's Wish – Bereaved Children Guidance

Winston's Wish offers information and guidance on [supporting bereaved children and young people](#) during the coronavirus outbreak.

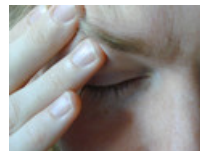
**World Health Organisation****– Helping Children Cope With Stress**

Advice on [helping children cope with stress](#) at this time.

Support For Parents & Carers

Anxiety UK Support

Anxiety UK have [Coronxiety Support and Resources](#). This includes special webinars, covering subjects like 'How to be kind to yourself' and 'Feeling trapped and claustrophobic'.



They have also extended their helpline hours in the evenings until 10pm and over the weekend between 10am-8pm - 03444 775774.

Bereavement & Grief

[Cruse has some special resources](#), including 'Grief & Isolation' and dealing with funerals at this time.

Domestic Abuse

If you need help and advice about domestic abuse, [Manchester City Council has information](#) on where you can get support.

Give Us A Shout

[Shout is the UK's first 24/7 text service](#), free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text Shout to 85258.

There is also a [crisis text service for deaf people](#). It's free and available 24/7 to provide immediate support. Text DEAF to 85258.

Guidance From Mind

[Mind have guidance](#) on looking after your wellbeing at this time.

Local Counselling Over The Phone Or Video

Manchester's Community Development Initiative (CD) offers [counselling by phone or video link](#). It's free of charge to people who are not working. If you're on a low income (below £30k) you will be offered low-cost therapy at reduced rates.

**Samaritans**

Whatever you're going through, the [Samaritans are there 24 hours a day](#). Call them free at any time, from any phone on 116 123.

They also have advice if you're [worried about your mental health](#) during the coronavirus outbreak.

Young People's Mental Wellbeing

42nd Street

While 42nd Street aren't currently accepting new referrals to their core programme, they're offering [online support](#) to young people in Manchester.



Horsfall Create & Connect

The Horsfall, the creative programme of 42nd Street, has launched #horsfallcreateandconnect. Young people can get involved in creative activities every day, helping to banish boredom and connecting with others while stuck at home. You'll find it on [Facebook](#), [Twitter](#) and [Instagram](#).

Kooth

In response to the current situation, [free online counselling is now available](#) for all young people aged 11-18 across Greater Manchester. It's free, safe and anonymous - <https://kooth.com>.



Papyrus

[Papyrus' HOPELINEUK](#) is for children and young people under the age of 35 who are experiencing thoughts of suicide. It is also for anyone concerned that a young person could be thinking about suicide.

Call: 0800 068 4141, Text: 07860039967, Email: pat@papyrus-uk.org, opening hours: 9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays.

The Mix

[The Mix is a free and confidential multi-channel service](#) for the under 25s. It has lots of useful information, such as dealing with corona-anxiety and what to do if feeling bored.

The Proud Trust

[The Proud Trust](#) can provide digital support for LGBT+ young people at this time.



Young Minds

Young Minds has suggestions for what to do if young people are [anxious about coronavirus](#) and how they can [look after their mental health](#).

Madeleine, 19, shares how the coronavirus (COVID-19) pandemic has affected her [mental health as an autistic person](#).

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