

# Emotional Health and Wellbeing Resources

## Dealing with stress



Under challenging circumstances, it can be difficult to tell when you are experiencing stress. Stress affects everyone in different ways. Now more than ever, it's important to look out for signs of stress in yourself and others.

### Are you experiencing any of these more frequently than usual?

- Always feeling overwhelmed, worried, anxious or scared
- Having racing thoughts or difficulty concentrating
- Having trouble sleeping or feeling tired all the time
- Eating more or less than usual
- Feeling irritable or impatient
- Avoiding certain things or people

### Once you recognise signs of stress, you can take steps to deal with it

- It's often helpful to speak to a trusted friend, colleague or your manager.
- **Every Mind Matters** has lots of tips for dealing with stress.
- **Dorset Mind** has a range of support services which have been moved online. You can refer yourself to these.
- For support with mental health and other issues, you can contact your employee assistance helpline. Speak to your manager or HR team to find out more.
- If you're struggling to cope with stress or you've experienced a traumatic event, **Steps 2 Wellbeing** have psychological therapists and counsellors who can help. You can refer yourself for support online.
- If you need urgent mental health support, you can call **Connection**. Dorset's 24/7 mental health helpline, on 0300 123 5440.
- Teachers can contact the **Education Support** helpline 24/7 on 08000 562 561 or by texting 07909 341229.

## Mental health and wellbeing support for young people



### ChatHealth

ChatHealth is a secure and confidential text messaging service for 11-19 year olds. Send a text to 07480 635511 and a member of the school nursing team can give you advice on things like sexual and emotional health, alcohol, drugs and smoking.

### Kooth

Young people in Dorset can get mental health support online from Kooth. Using the online platform, 11-18 year olds can access professional counsellors, moderated forums and self-help materials. You can visit [kooth.com](http://kooth.com) 24 hours a day.

### Young Minds

**Young Minds** is a young people's mental health charity. They have lots of useful online resources, like advice and guidance on [mental health during the coronavirus pandemic](#). They also have a free 24/7 crisis messenger. You can text YM to 85258 if you are experiencing a mental health crisis and need urgent help.

### Dorset CAMHS

**Dorset CAMHS** have created some great videos to help children and young people deal with the changes to their school day due to COVID-19. You can find them on [Dorset HealthCare's YouTube channel](#).

### In a crisis?

People of all ages can call **Connection**, Dorset's 24/7 mental health helpline, for free on 0300 123 5440.

## Mental wellbeing self-care during COVID-19



COVID-19 means we are all experiencing an unprecedented situation. Everyone reacts differently, and we will have periods where we find it more difficult to deal with. It's okay not to feel okay. Talking to someone can often help.

Feeling stressed, worried or anxious means that you are human. These are normal reactions to challenging circumstances.

It's important to take a step back. Having a good wellbeing routine will help prevent the build-up of emotional distress and anxiety.

There is a range of mental health and wellbeing support available to teachers across Dorset. Click the links or search for them online.

For practical tips on maintaining your mental wellbeing and support if you're [anxious or stressed about coronavirus](#), take a look at [Every Mind Matters](#).

Find out about the range of support [The Well Dorset](#) offer for improving physical and emotional wellbeing. You can also book on to [Eve Ways to Wellbeing](#) or [Helping You to Help Others](#) online training.

Mental Health Foundation has lots of tips and resources, including on parenting, relationships and financial worries.

For more information about the mental health and wellbeing services available to you, visit [Dorset HealthCare's Information on coronavirus wellbeing support](#) or your organisation's intranet.

Dorset Mind has a range of self-help resources and support services which have been moved online. You can refer yourself.