



April 2020

Welcome to Gateshead Psychological Service's first newsletter: it is our way of staying in touch with you during these uncertain times. It is our intention to share ideas to support staff, young people and families with a monthly newsletter for the rest of the academic year. We are also currently uploading useful resources onto our [website](#), the details of which are included in this newsletter.

Please note we now have a new general e-mail inbox for queries, as we are not currently available in the office to take phone calls. (CWLEnquiriesPS@Gateshead.gov.uk)

Take care and stay in touch, from all at the Psychological Service.

### In this issue:-

- Supporting Children & Young People
- Supporting Staff

## Support Children and Young People – 5 Key Things

- ✚ Prioritise Love and Nurture: in times of uncertainty, the most important things for children are love, nurture and re-assurance.
- ✚ Re-assure about feelings: children will be experiencing a whole range of emotions. Re-assure them that this is normal. It is okay to be scared, anxious, frustrated or angry. Everyone feels these things.
- ✚ Support well-being: we can do this by ensuring that they eat well, exercise, have some daily structure, do fun things and have safe social contact with friends and family.
- ✚ **Talking** about the virus: be honest, calm and accurate, but adapt information dependent on age of the child. Let children ask questions and correct misconceptions. Be as honest as you can but it is also okay to say that you don't know.
- ✚ Limit time young people spend checking news and social media sites. Some information is helpful but too much can further raise anxiety. Encourage use of reputable sources such as WHO, BBC and NHS websites.

## Supporting Staff – 5 Key Things

- ✓ Prioritise – Break up the stress into smaller and more manageable chunks (forgive yourself if you don't achieve something, priorities can change)
- ✓ **Routine** – Minimise the impact of stress by maintaining structure and routine.
- ✓ **Connect** – Maintain support networks to promote belonging, safety and emotional regulation. Get in touch with family and friends. Prioritise positive social media and avoid too much news coverage.

- ✓ **Exercise** – Find creative ways of being active when indoors.
- ✓ **Coping with Anxiety and Change** - 5 Tips for staying mentally well (advice from Dr Pooky Knightsbridge on YouTube)

24 / 7 Free confidential emotional support from Education Support National Helpline:-

Tel: 0800 0562561

Text 07909341229

