



Covid-nineTEEN's

Hints, tips and facts to stay mentally and emotionally healthy

We recorded a podcast on good mental health. With schools being closed as a result of Covid-19, we understand that everyone is under a bit more pressure. It seemed fitting to share what we've been doing to keep ourselves our 'Youth Voice Extrordanair-selves!'

Decision Makers

Listen to us and take our voices and concerns seriously. Start to modernise your systems; use Zoom, SnapChat, Houseparty. Make communication more accessible for young people and your teams!

Use this time wisely

Begin to use your lockdown time wisely and learn new tech skills! Young people have been using this tech for a while now. Ask them for their help and advice. There has literally never been a better time than the present to get tech savvy. Our next podcast and factsheet will be on how to use social media, the good, the bad, and the brilliant!. Don't forget to check it out!

Check in on us

Adapt your practice to make us more comfortable to work and learn during this time. We need support during this time too. Pick up the phone rather than standard

Look after you

Try making your own face masks! Our favourite is oat, yoghurt and honey. Get up, get dressed as you would normally! PJ days, like everything, should be enjoyed in moderation... #Duvetday

Friends and family

You will have heard us play 'social distancing bingo' on the podcast! Why not try making your own and doing it with your friends? Kahoot! Is an amazing learning tool and a fab way to hold a social distancing quiz night! Share what you are using, so others can learn and try new things. #SharingisCaring

Get exercise

There are hundreds of online fun exercise classes you can do. Use your hour of daily exercise wisely! As long as you are staying near home and away from other people, there is no reason why you can't try something new to get your blood pumping...

Mental Health Services

Many mental health related appointments have been cancelled, along with more patients being discharged. If this relates to you, try not to worry. Pick up the phone and get in contact with your practitioner. Keep talking! In the meantime call Childline 0800 1111 or Kooth 0203 9849332 or The Samaritans 0330 094 5717.