

Brookland Infant and Nursery School Mental Health Team Newsletter (2)

During the outbreak of COVID-19 the Government continue to ensure that measures are in place to protect vulnerable children and families. At Brookland Infant and Nursery School we will be sharing information to ensure that families can be safe. This second newsletter gives information about Every Mind Matters who support adults with their concerns over COVID-19. Information is also given about HERTS HELP who support to families who cannot leave the house in Hertfordshire.



HERTS HELP

Supporting families who cannot get out of the house

Herts Help are coordinating support for all vulnerable people in the county of Hertfordshire who are struggling to get medication and food during the coronavirus outbreak. This service will aim to help all people who are struggling, not just for those who are self-isolating. This includes families who are struggling because of the needs of their children – whether that be due to shielding a family member with underlying health needs, or due to a child's unpredictable behaviours in public making it hard to ensure social distancing. For any family who is worried about how they will get food or medication, they can contact Herts Help to discuss whether support can be made available.

Contact Herts Help on: 0300 123 4044 , email info@hertshelp.net or fill in the online form <http://ow.ly/uP1T50zdr3x>

EVERY MIND MATTERS



The NHS are working with every mind matters to support adults during COVID-19 with their emotional health and wellbeing. Their website has hints and tips for maintaining good mental health and a short quiz to get a personalised [Mind Plan](#)

WORRIED ABOUT THE CORONA VIRUS



The Corona Virus is changing life as we know it temporarily and having an impact on how people are feeling. It may cause people to feel anxious, stressed, worried, sad, bored, lonely, or frustrated. Every Mind Matters and the NHS have put together [10 tips to help if you are worried about the Corona Virus.](#)

Other support services in Hertfordshire

[Young Minds](#) Support for families and parents

[CAMHS](#) resources with downloads, resources, videos, apps.

[Hello](#) Booklet about the Corona Virus

[NHS](#) 5 Steps to positive mental wellbeing