



Hello!

We've heard that you might be at home at the moment because you have to self-isolate.

We know that this is a sudden big change which is out of your control, and it might feel tricky, overwhelming or frustrating at times. We know that some people can find it difficult to cope with as they might be missing friends or worried about school work.

So, we've put together a short leaflet that might help during these very unusual times. There are some ideas to keep you busy, and some links to online resources and free-to-use apps to help you look after yourself.

We've also made a short video you might like to watch when you're ready to go back to school. We think that it is useful for anyone who has had to stay off school for a bit and make going back that bit easier.

<https://www.youtube.com/watch?v=7MaVy8nLxuE&feature=youtu.be>

From your Mental Health Support Team
for Schools

