

## Physical and Mental Health

A message from Durham County Council

### Parents and Carers:

Don't forget the 5 ways to look after your mental health during #coronavirus; connect with others, help and support others, talk about your worries, look after your physical wellbeing and manage your information intake.

Your children will be looking to you during these odd times, try to react in a way that doesn't make them worry.

You can access a free online course on recovery college online which can help you to cope during the pandemic. It contains information about current guidance, as well as exploring how you might be feeling, what you can do to support your mental health and how you can support other people, including children and young people.

For more tips visit

[www.durham.gov.uk/stayhomesavelives](http://www.durham.gov.uk/stayhomesavelives)

### Children:

If you are worried about anything during these odd times, don't be afraid to speak to your parents or a carer. They may be able to help you to understand what is happening and stop you worrying.

If you are feeling worried or scared about everything right now, don't worry, this is normal. But, if it stops you enjoying the things you normally love, speak to an adult about your worries. You are not alone.

If you have read something you weren't sure about, or it didn't sound very nice, speak to your parent or carer about it. They can help you understand and worry less.