

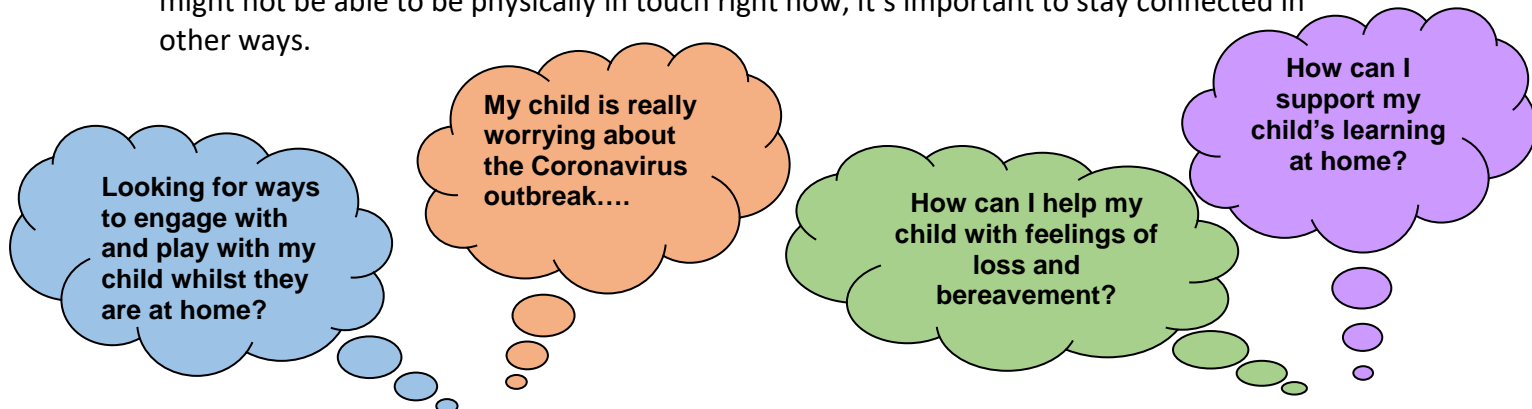
Thurrock Covid-19 Child Wellbeing Support Line

Thurrock Council Educational Psychology and School Well Being Services have created a support line to support Children, Young People, their families and school staff during the ongoing outbreak of Coronavirus (COVID-19).



We are aware that during these times of uncertainty everyone will be responding differently to how Covid-19 is impacting upon them. During the coming days and weeks it is important that we look after our mental health as well as our physical health at the same time.

You might be worried about coronavirus (COVID-19) and how it could affect your life. This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing. What is important to remember is that we are stronger together and while we might not be able to be physically in touch right now, it's important to stay connected in other ways.



If you have any of the above questions or you would like to discuss anything else relating to supporting your child at home during the current lock down then please contact the **Thurrock Covid-19 Child Wellbeing Support Line** which is staffed by the Educational Psychology and School Well Being Services on:

Support line Number: 01375 652537 or 01375 652558

When you call, you will be asked to leave your name and contact number so the team can call you back. You can leave a message at any time but will receive a call back between 8am-6pm Monday to Friday

Support line email: SWS@thurrock.gov.uk



The NHS has some simple advice to avoid catching or spreading COVID-19:
www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice

- Regularly wash your hands for at least 20 seconds with soap and warm water
- Always wash your hands when you get home or into work.
- Use hand sanitiser gel if soap and water are not available.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- Put used tissues in the bin straight away and wash your hands afterwards
- Try to avoid close contact with people who are unwell