

COVID-19 &

MENTAL HEALTH



This spring, The Diana Award surveyed students from our trained Anti-Bullying Ambassador Programme schools.

We asked young people to tell us about their experiences of lockdown and 41% (2 in 5) of the young people in the sample told us that they have experienced more feelings of anxiety, upset and worry during lockdown.

WHAT CAN YOU DO IF THE LOCKDOWN HAS AFFECTED YOUR MENTAL HEALTH?

If you have struggled to cope with your feelings during the pandemic, it is important to remember that you're not alone and there are so many people who want to listen to you and help you. Try reaching out to a parent, carer, teacher or friend to have an honest conversation about how you are feeling. There is always someone in your life who would want to know if you're having a difficult time.

If you don't feel comfortable talking to someone you know, there are organisations that exist specifically to help young people with their mental health and wellbeing. These organisations want to be there for you and can direct you to long-term help that will help you feel better.

PLACES YOU CAN TURN TO FOR SUPPORT:

The Diana Award Crisis Messenger

This service provides free, 24/7 crisis support across the UK. If you are a young person in crisis, you can text DA to 85258. Trained volunteers will listen to how you're feeling and help you think about the next step towards feeling better.

The Mix

The Mix have a telephone helpline to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. You can contact The Mix by calling 0808 808 4994 from 4pm to 11pm. www.themix.org.uk/

Childline

Childline offers a free and confidential telephone counselling service for any child with a problem. Their website also has lots of useful advice on topics like home, families, friends and relationships. You can contact Childline at any time by calling 0800 1111. www.childline.org.uk/

GP/ CYPMHS

You can visit your GP to talk about your mental health. Your GP might then refer you to the children and young people's mental health services for more help.

999

Remember that in an emergency, if your life or someone else's is at risk, you should call the emergency services on 999 immediately.

WHAT CAN YOU DO IF YOU'RE WORRIED ABOUT A FRIEND'S WELLBEING?

Have you noticed a friend struggling to cope with the lockdown or school closures? As their friend, you can play an important role in supporting them. Reach out to them and ask how they are. Focus on listening to everything they say without jumping in to try and suggest solutions. Sometimes, just a friend who is willing to be present for you and listen to what you have to say can be a great help and can encourage you to figure out solutions yourself.

Let your friend know about some of the options we've listed. Make sure they know that they can get support 24/7 from The Diana Award Crisis Messenger by texting DA to **85258**.

If someone is at immediate risk of harm to themselves or to someone else, call 999.

We hope that if you need some extra support, you will reach out to a friend, family member, or trusted adult or one of the organisations listed. There is lots of help available.

Read our full report on COVID-19 and mental health [here](#).

We're proud to be the only charity set up in memory of Diana, Princess of Wales, and her belief that young people have the power to change the world. It's a big mission but there are two things within it that we focus our charity's efforts on – young people and change.

Throughout all of our programmes and initiatives, 'change' for and by young people is central, including our anti-bullying work which encourages change in attitudes and behaviours.

We hope you found this resource useful and wish you all the best in your anti-bullying journey. If you would like to help us create more resources and train even more Anti-Bullying Ambassadors, you can make a £5 donation by texting CHANGE 5 to 70470 or visit diana-award.org.uk/donate

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