

Get Active!

- Children and young people ideally need to be active for 60 minutes a day, which can be more difficult when spending longer periods of time indoors. Plan time outside if you can do so safely or see [Change4Life](#) for ideas for indoor games and activities
- Don't forget that sleep is important for mental and physical health, so try to keep to existing bedtime routines
- It may be tempting to give children and young people treats such as sweets or chocolate but this is not good for their health, especially as they may not be as physically active as normal. See [Change4Life](#) for ideas for healthy treats



Helping you to help them.....

YOUNGMINDS provides advice about mental health and behaviour problems in children and young people up to the age of 25. You can call the [Parents' and Carers' Helpline](#) on 0808 802 5544. Please be aware Young Minds do not provide any direct psychological services and cannot make referrals to the NHS or Children and Young People's Mental Health Services (CYPMHS).



For further information on how to look after your own mental wellbeing during the pandemic, see the [guidance on how to look after your own mental health and wellbeing](#) or visit [Every Mind Matters](#).

Helplines and websites for your child and or young person

If your child or young person would like to speak to someone anonymously, they could try calling a helpline or visiting websites such as ChildLine and The Mix.



[ChildLine](#) provides a confidential helpline for any child with a problem. It comforts, advises and protects. You can:



call 0800 1111 any time for free



have an [online chat with a counsellor](#) or check out the [message boards](#)



[The Mix](#) provides a free confidential helpline and online service that aims to find young people the best help, whatever the problem. You can:



call 0808 808 4994 for free – lines are open from 11am to 11pm every day



access the on line community by clicking [HERE](#)



[email The Mix](#)

shout

for support in a crisis

provides free, confidential support, 24/7 via text for anyone at crisis anytime, anywhere.

You can:

- text **SHOUT** to **85258** in the UK to text with a trained Crisis Volunteer
- text with someone who is trained and will provide active listening and collaborative problem-solving



[Rise Above](#) is a digital resource developed to address health challenges, including coronavirus (COVID-19), in a way that resonates with young people. It offers a digital hub providing young people with a safe and inspiring space where they can learn how to deal with the issues that matter to them and build their resilience and confidence. <http://www.riseabove.org.uk/>



Foodbanks

West Sussex Community Hubs can offer support if you are struggling to ensure you have food for your family, collect medication or in need of any additional support for your child with additional needs. Please don't hesitate to get in touch if you need assistance. For more information go to the [West Sussex County Council Website Community Hub page](#). You can also phone 033 022 27980 between 8am and 8pm.

The Trussell Trust can also provide support. If you are in financial crisis and live in England or Wales, please call **0808 2082138** for free (open Monday to Friday, 9am-5pm) to talk confidentially to a trained Citizens Advice adviser. They will help address your crises and provide support to maximise your income, help you navigate the benefits system and identify any additional grants you could be entitled to. If needed, they'll issue you with a voucher so you can get an emergency food parcel from your local food bank

<https://www.trusselltrust.org/get-help/>

Help Hubs



Adur and Worthing

Email adurworthinghub@westsussex.gov.uk

Tel: [07841 867340](tel:07841867340)

Address

Centenary House
Durrington Lane
Durrington
BN13 2QB

Opening times: Monday, Tuesday, Thursday and Friday, 9.30am-3.00pm



Arun

Email arunhub@westsussex.gov.uk

Tel: [07860 858654](tel:07860858654)

Address

Durban House
Durban Road
Bognor Regis
PO22 9RE

Opening times: Monday to Friday, 9.00am-4.00pm



Chichester

Email chichesterhub@westsussex.gov.uk

Tel: [07860 858616](tel:07860858616)

Address

Chichester Nursery School
Children and Family Centre
St James'
Chichester
PO19 7AB

Opening times: Monday to Friday, 9.00am-4.00pm



Crawley

Email crawleyhub@westsussex.gov.uk

Tel: [07542 856334](tel:07542856334)

Address

Bewbush Children and Family Centre
Dorsten Square
Crawley
RH11 8XW

Opening times: Monday to Friday, 9.00am-4.00pm



Horsham
District
Council

Horsham

Email horshamhub@westsussex.gov.uk

Tel: 07525 211177

Address

Horsham Youth Centre
Hurst Road
Horsham
RH12 2DN

Duty line available: Monday, Wednesday and Friday, 9.00am-4.00pm.



MID SUSSEX
DISTRICT COUNCIL

Mid Sussex

Email midsussexhub@westsussex.gov.uk

Tel: [01444 255477](tel:01444255477)

Address

Mid Sussex FindItOut Centre
Park Centre
60 Park Road
Burgess Hill
RH15 8ET

Opening times: Monday, Wednesday and Thursday, 9.30am-3.30pm.

Multi-Agency Safeguarding Hub (MASH)



Email MASH@westsussex.gov.uk

Website: <https://www.westsussexscb.org.uk/>

Tel: [01403 229900](tel:01403229900)