

# Wellbeing and Resilience Resources for RAF Air Cadets

## Coronavirus (COVID-19)

If the coronavirus pandemic is making you feel anxious or worried, there are lots of websites and charities that offer free support, advice and resources. Some examples are listed below.

### YoungMinds

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

### Children's Society

<https://www.childrenssociety.org.uk/coronavirus-information-and-support>

### Mind

<https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing/>

### UK Youth

<https://www.ukyouth.org/2020/03/18/coronavirus-advice/>

### Young Stonewall

<https://www.stonewall.org.uk/about-us/news/covid-19-%E2%80%93-how-lgbt-inclusive-organisations-can-help>

## General Support

Please note that the list of support organisations is neither exhaustive nor exclusive, it is just intended to give an example of some of the resources available, there are many more charities and organisations that can offer advice and support. **Please also remember you can still talk to your Sqn or Wg CFAV and Chaplain about any concerns you may have, either for yourself or someone else.**

### YoungMinds

*YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.*

<https://youngminds.org.uk>

Tel: 020 7089 5050

### Young Stonewall

*Young Stonewall aims to support and empower young lesbian, gay, bi and trans people to live their lives free from discrimination and fulfil their potential.*

<https://www.youngstonewall.org.uk/>

### Headspace

*Headspace is an App that aims to use meditation techniques, for example, to ease stress, help focus more and sleep better.*

<https://www.headspace.com>

### Head Above the Waves

*Heads Above The Waves is a not-for-profit organisation registered in England and Wales, that raises awareness of depression and self-harm in young people and promotes positive, creative ways of dealing with bad days.*

<https://www.hatw.co.uk>

### **Hub of Hope**

*The Hub of Hope is a mental health database that uses the location of web browser or mobile devices to allow anyone, anywhere, to find the nearest source of support for any mental health issue, as well as providing a 'talk now' button connecting users directly to the Samaritans.*

<https://hubofhope.co.uk>

### **Heads Together**

*Heads Together is a mental health initiative led by The Royal Foundation of The Duke and Duchess of Cambridge. The initiative aims to tackle stigma and change the conversation around mental health and uses fundraising to support innovative new mental health services.*

<https://www.headstogether.org.uk>

### **MIND**

*Mind provides advice and support to anyone experiencing mental health issues and campaigns to raise awareness and promote understanding of mental health.*

<https://www.mind.org.uk>

### **Mermaids**

*Mermaids is one of the UK's leading LGBT+ charities supporting gender-diverse children and young people until their 20<sup>th</sup> birthday, and families and professionals involved in their care. Support amongst lots of other areas includes helping young people cope better with mental and emotional distress and reduce isolation and loneliness.*

<https://mermaidsuk.org.uk>

### **NHS**

*As well as providing free mental health services normally referred to the NHS by a GP, the NHS has lots of advice, ideas and tips to improve mental health and wellbeing and offers free plans with tips to help deal with, for example, stress, anxiety, sleep, loneliness, depression and mood.*

<https://www.england.nhs.uk/mental-health/>

### **SAMH**

*SAMH (Scottish Association for Mental Health) is Scotland's national mental health charity working with adults and young people across communities providing mental health support and services.*

<https://www.samh.org.uk/>

### **The Mix Charity**

*The Mix Charity provides support for children aged between 13 and 25 and covers lots of wide-ranging issues that affect young people including mental health.*

<https://themix.org.uk/mental-health>

### **Childline**

*Childline understand that like our physical health, looking after our mental health is important and there is lots of information and advice available via their website or call line.*

<https://childline.org.uk/info-advice/your-feelings/mental-health>

Tel: 0800 1111

### **Children's Society**

*The Children Society is a charity working in England and Wales supporting vulnerable children and aiming to improve children's' and young peoples' lives through its services. The website has activities and resources to help with young people's mental health and well-being.*

<https://www.childrensociety.org.uk>