

# It's OK not to be OK

## SUPPORT IN BURY FOR CHILDREN & YOUNG PEOPLE

The coronavirus outbreak means that life has changed for all of us for a while, and it's natural that this may cause you to feel worried or anxious, lonely or frustrated. It's OK to feel this way, everyone reacts differently. This situation is temporary and, for most of us, these difficult feelings will pass. If you feel you need some extra support, there's a range of options in place for people in Bury, including support online, by text and by phone. We have rounded everything up in this resource, if you need help finding the right support call the [Bury Getting Help Line](tel:01614643679) on 0161 464 3679.

	Books and Online	Friendships & Activities	Telephone Support
What might this involve?	Reading information in books or online that might help you understand more about your difficulties	Hobbies like sport, art, drama, music, outdoor activities. You could ask friends or family members to join you.	Making a telephone call and talking with somebody who will listen and may be able to offer you information & advice.
How will this help me feel better?	You might learn tips to help you feel less stressed, worried or sad. You might also find out new ways to understand your thoughts and feelings.	Doing something you enjoy could help you to feel good. You might also make new friends and get some ideas to help you overcome challenges.	Talking to somebody you don't know can take the pressure away and allow you to be truly honest about your feelings and situation. This might also help you think more clearly and explore your options.
Who will do this with me?	This could be by yourself or with a friend or trusted adult.	Regular clubs are often run by the same person each week.	It is likely to be a different person on the phone each time.
Will there be any risks or side effects?	Talking, reading or thinking about your difficulties might cause you worry or stress to begin with. Making changes in the way you think about things or do things may also be hard, and you might feel a bit worse before you start to feel better. Please tell somebody if you are having these feelings. If you are finding it too hard to use this support on your own, this might be a sign that you should ask for more help.		

	School	Getting More Help	Specialist Support
What might this involve?	Speaking to somebody you trust at school if you are struggling. Staff might be able to give you some extra support in school or discuss options with you.	Talking with a counsellor who will listen to you and help you understand and work through your feelings. They won't tell you what to do but will help you to find your own answers.	Specialist support around anxiety, depression, psychosis, PTSD, Self-harm, ADHD, ASD and complex psychological difficulties.
How will this help me feel better?	Sharing your worries with an adult you trust can help you to feel better both in and out of school.	Counselling is a safe space to share your worries and find ways to cope better and hopefully overcome your difficulties.	Sometimes problems affect us in ways that feel beyond our control. Speaking to a specialist can help you to understand and manage any emotions or condition you may be experiencing
Who will do this with me?	A member of school staff might work with you or help you to choose another option that could help.	You and a counsellor each week for a number of sessions. You would see the same person each time.	You have appointments with a professionally trained specialist who will help you

## Support is available:

### Books & Online

- Kooth
- Mood Gym
- Young Minds
- Head Meds
- Childline
- Samaritans
- Bury Council Mental Wellbeing page

### Freindships & Activities

- Local Sports Clubs\*
  - The Bury Directory
- \*Note: many clubs are offering remote support during the Covid-19 pandemic

### Telephone Support

- Bury Getting Help Line  
0161 464 3679 Mon - Sat  
8am-8pm
- Childline anytime  
0800 111
- SHOUT 24/7 text support  
Text GMBury to 85258
- Samaritans 116 123 (24/7)
- The Mix/Get Connected (under 25's) 7 days  
0808 808 4994
- National Bullying Helpline -  
0845 22 55787

### School

- School Staff
- School Nursing Service

### Getting More Help

- Streetwise
- Bereavement Service (referral via HYM)
- St Marys Manchester
- Off The Record
- Papyrus
- Child Bereavement UK
- GP

### Specialist Support

- GP
  - School, School Nurse
  - Beat Eating Disorder
- A Health professional can refer you using an online form to Healthy Young Minds