



***42nd Street wants
to help you to be calm,
connected and get creative***

42 ND
STREET

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A large, vibrant yellow brushstroke graphic on the left side of the page, extending from the top left towards the bottom right. It has a textured, hand-painted appearance with varying shades of yellow and some darker streaks.

Introduction

A big Hello to all our young people at 42nd Street.
We are thinking of you!

We have prepared this guide with resources and tips to support you in this time. There's quite a lot of information in it, so do take your time to explore.

Concern about the coronavirus outbreak is perfectly normal. However, some people may experience anxiety that can affect their day-to-day life.

Try to focus on the things you can control, such as how you act, who you speak to and where you get information from.

It's fine to acknowledge that some things are outside of your control, but if constant thoughts about the situation are making you feel anxious or overwhelmed, there are some things you can try to help manage your anxiety.

We hope you find this guide useful,

The 42nd Street Team

Coronavirus Update

We have been reviewing our service so that we can continue to meet your needs whilst balancing our responsibilities to adhere to government advice around social distancing. Therefore, as of Monday 23rd March, 42nd Street has moved to supporting young people remotely, which means suspending all face-to-face support for now.

Unfortunately, we will be unable to process any new referrals to our core service at this time, but the good news is we will continue support in the following ways:

Young People that are already receiving one to one support in the community

If you are already receiving one to one support from 42nd Street's central service, we will contact you to discuss and offer the following options:

1. Pausing your support until we resume normal service and face to face delivery
2. Accessing telephone support either appointments, texts or check-ins
3. Accessing online support if your worker offers this service
4. Risk planning if you feel you need it

If you are currently accessing support and have any worries or questions, please get in touch with your worker. Drop them a text and they will call / text you back.

Online Support

You can continue to access our online support by logging on at onlinesupport.42ndstreet.org.uk This service offers you access to one to one support with 42nd Street's Mental Health Practitioners either in real time or for virtual weekly appointments.

Group Work

If you are part of a group, we will be exploring options about how we can continue as the situation develops such as telephone support and digital solutions.

Our Creative Programme

The Horsfall

All public facing exhibitions, performances, training and events have been postponed until further notice, but we have launched our [#HorsfallCreateAndConnect](#) project on our [Instagram](#) and other social media channels. if you want to connect and do something creative please do get involved.

If you feel unwell

If you are experiencing any symptoms, however mild, then the latest stay at home advice is that if you live alone you should stay at home for 7 days from when your symptoms started. If you live with others and you or one of them have symptoms of coronavirus, then all household members must

stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill. If you need to talk to anyone about how this might be impacting on you, call or text your worker and they will talk through ways we can support you.

Self-Care and Staying Connected

There is a lot of confusing media flying around at the moment which can be worrying and stressful. Self-care is extra important.

Here are our top tips and you can find further advice in our blogs here:

[Latest News and Blogs](#)

You can find our social media channels here:

[Twitter](#)

[Facebook](#)

[Instagram](#)

[YouTube](#)

If you're worried, think you may have symptoms of Coronavirus or want further information, please check and follow the advice here:

[NHS Coronavirus \(Covid-19\)](#)

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

You can find all of the advice above in our website here:

<http://42ndstreet.org.uk>

managing anxiety

Feeling stressed is OK! It doesn't mean you're not coping or handling things and it's something that everyone will experience in different ways. You may not be able to access face to face services over the next few weeks and we realise that will be worrying for some of you, there are some great services you can access to help with anxiety

**Stress isn't your enemy, but sometimes it can get out of control.
Here's a few things that can help ease those feelings**

Talk to others and stay connected and acknowledge if you're feeling stressed out

Explore different ways to relax, check out the Horsfall daily [Instagram](#) challenges, take a picture, write a poem, watch a film.

Keep active, even within your own home. Go up and down the stairs, do some yoga, run on the spot, there's creative ways of doing it.

Try to limit things like caffeine and sugar. They make it harder for your body to figure out its natural rhythm. Eat well & stay hydrated.

Switch your phone to do not disturb before bed and give yourself a few moments away from the world to wind down

Give mindfulness a go, there's a bunch of apps and videos that introduce it and may help to hit the "pause" button on everything that's going on

Doing what you can to make your immediate environment feel more manageable – give everything a bit of tidy and if you live with others have a chat about finding ways for everyone to have their own space

Try to have some fun, write some jokes, watch some funny programs and films.

Have a routine

Keep perspective – as things go on and we spend more time at home, smaller things are bound to become bigger annoyances. Remember to take a breath and take things one day at a time!

notice

Knowing about what's happening in the world right now is important, but it's easy to get lost in endless news streams. Know when to switch off and be in the moment.

If you can, find a quiet spot every so often, or close your eyes and listen to some chilled music to be with yourself outside of the news cycle or whatever else may be going on where you are.

give

There are some amazing stories of people banding together in tough times. Even if you're not able to physically help out, there's virtual things that you can do.

Reach out to people that might be lonely, offer some kind words when you can, help others when you're able to.

connect

Even if you're physically distant from others, stay close by communicating with each other!

Message other people, ring them, go online and chat, even coordinate watching the same TV show with others – there's loads of ways to stay connected with others and they're really important!



STAY WELL

be active

So, it may feel this one's tricky if your isolating, but there's things you can do in your own house! There's a good few free workout apps that will get a sweat going and some gentle yoga ones too.

Stand up and walk about a bit when you can. If you're able to, going on short walk, even around your own garden can help.

Be smart about how you use limited space. Do different activities in different parts of the room, try and eat in different spaces to where you're working or relaxing. There's lots of small ways to avoid staying in the same spot.

learn

Some of you will not be sitting exams this year and this can be hard especially when you have put so much work into planning for them.

You may also be learning from home, try to give yourself time in the day to relax, cook a meal and take care of yourself, maybe start an online course in something you've always wanted to do or learn a new language.

grounding techniques

Grounding techniques can help you create space from distressing feelings in nearly any situation. Grounding yourself isn't always easy. It may take some time before the techniques work well for you, but don't give up on them.

Physical techniques

These techniques use your five senses or tangible objects — things you can touch

Put your hands in water

Breathe deeply

Savor a food or drink

Take a short walk

Savor a scent

Move your body

Mental techniques

These grounding exercises use mental distractions to help redirect your thoughts away from distressing feelings and back to the present.

- Play a memory game**
- Recite something**
- Make yourself laugh**
- Use an anchoring phrase**
- Describe what's around you**

Soothing techniques

You can use these techniques to comfort yourself in times of emotional distress. These exercises can help promote good feelings that may help draw the negative feelings. It doesn't matter how it looks – experiment.

- Picture the voice or face of someone you love**
- Sit with your pet**
- Visualize your favorite place**
- Touch something comforting**
- Listen to music**

You don't have to be self-isolating in order for coronavirus concerns to have an impact on your mental health. **You might be feeling worried about the spread of coronavirus** and its impact on yourself and loved ones. These feelings are normal and it's important we acknowledge them.

mental health & wellbeing

There are steps everyone can take to look after their mental health and wellbeing. A number of organisations have published guidance on mental health considerations relating to the coronavirus outbreak, including:

Mind

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

Young Minds

https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/?fbclid=IwAR0nhFp_P70YYZd1CJF1T_D_thEY9tZzDzzR8P7iu6gbbVVZ_LTu6x0UL8U

The Mental Health Foundation

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

We may assume that people will not always be able to access face-to-face services in the coming weeks. There are specific organisations that provide **more general guidance**:

Anxiety UK

<https://www.anxietyuk.org.uk/get-help/>



Students Against Depression

<https://www.studentsagainstdepression.org/>

No Panic

<https://nopanic.org.uk/resources/>

Student Minds

<https://www.studentminds.org.uk/coronavirus.html>

Students with anxiety

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Worry-and-Rumination>

Students with panic disorder

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Panic>

There is a plethora of apps that can help with health management, remote monitoring and staying healthy... However, app stores are unregulated, and 85% of apps do not meet ORCHA's quality threshold. This website provides links to apps that meet their threshold for a range of conditions: <https://www.orcha.co.uk/news/coronavirus-apps-to-help-self-management/>

The following apps are for self-care and anxiety:

apps to help self-management

* may involve in-app purchase



Wysa*

<https://www.wysa.io/>

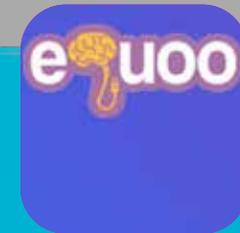
An emotionally intelligent chatbot which employs research-backed, widely used techniques such as CBT, DBT, Yoga and meditation, to support users with stress, anxiety, sleep, loss and a whole range of other mental health and wellness needs.



Your.MD

<https://appfinder.orcha.co.uk/review/273724/#>

A health tracker and symptom checker powered by Artificial Intelligence, which has been developed by doctors and data scientists. It provides instant personalised health information and services, whenever and wherever it's needed, for free.



eQuoo*

<https://equoogame.com/>

An evidence-based Emotional Fitness Game, combining the excitement and joy of gaming and the expertise of mental health professionals to provide a new form of mobile prevention and therapy for young adults 18-28-years old.



headspace*

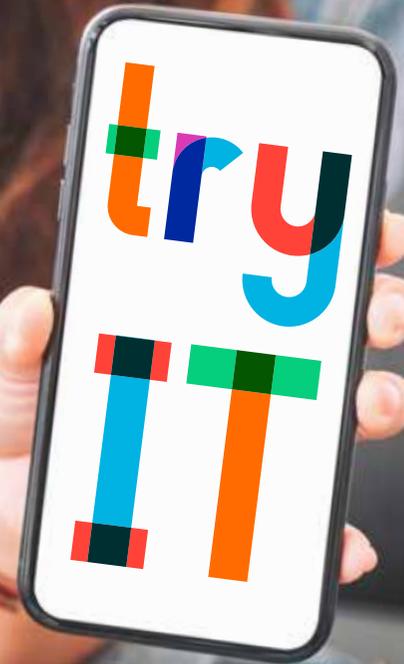
<https://www.headspace.com>

An evidence-based Emotional Fitness Game, combining the excitement and joy of gaming and the expertise of mental health professionals to provide a new form of mobile prevention and therapy for young adults 18-28-years old.

NHS Apps-library

<https://www.nhs.uk/apps-library/filter/?categories=Mental%20health&prices=Free>

NHS has an app library and there are a number of Apps that are free that link to stress, anxiety, self-harm and other mental health related support



Other support is available through well known national charities and it is worth sharing those numbers:

Your GP or GPs out of hours service

Childline: up to age 18 - call: 0800 1111

NSPCC: service open 24/7 - up to age 18 - call: 0808 800 5000

Samaritans: service open 24/7 - 18+ confidential listening - call: 116 123 - jo@samaritans.org

**Papyrus Hopeline UK: for young people feeling suicidal
open Monday to Friday from 10am till 10pm - Saturday to Sunday from 2pm till 5pm
call: 0800 068 4141 - pat@papyrus-uk.org**

Mindinfo: 9am till 6pm - call: 0300 123 3393 - text 86463 - info@mind.org.uk

**www.Kooth.com Free, safe and anonymous online support for young people
Monday to Friday 12pm till 10pm, Saturday and Sunday from 6pm till 10pm**

**TESS: text and email support for girls and young women up to 24 years affected by self-harm
Open Sunday to Thursday from 7pm to 9pm. Text: 07537 432 444**

**CASS: Self Injury Helpline for women. Monday to Thursday evenings from 7pm till 10pm
call: 0808 800 8088 Free**

Saneline: from 4.30pm till 10.30pm - call: 0300 304 7000

**Rethink: Monday to Friday, from 10am till 2pm - call: 0300 5000 927 - closed bank holidays
advice@rethink.org**



Go ahead and check out these resources
as well as contacting the support
organisations if you need to.

We're all here for you!

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42nd Street is a charity registered
in England (No. 702687)

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theteam@42ndstreet.org.uk

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[@TheHorsfall](https://www.instagram.com/TheHorsfall)

q42.org.uk
[@q42project](https://www.instagram.com/q42project)

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THE HORSFALL 

