

Looking after your mental health in Lockdown



Jo and Kevin your school based counsellors are here to offer online support

Common feelings during Covid-19 Pandemic

- Isolation and loneliness: [Video clip](#)
- Increased anxiety and feeling overwhelmed: [Video clip](#)
- Low mood and depression: [Video clip](#)
- Uncertainty and feeling unsettled
- Loss, grief and bereavement
- Lack of excitement, nothing to look forward to
- Changes in your sleeping and eating patterns

How can Place2talk help you?

- Talking about your feelings with a trusted counsellor helps to relieve the stress and lifts your mood
- It stops you from feeling so isolated, less anxious and out of control
- We offer a non-judgemental, confidential space for you to get support with your worries
- We offer telephone or online support, every Monday to Friday during lockdown (11.30-2pm)



Making an appointment

Email: Place2be@DeptfordGreen.co.uk



- Jo and Kevin will check their inbox daily from 10am
- You will be offered a 20 minute appointment time by Jo or Kevin between Monday to Friday (11.30am-2pm)
- Make sure you have a quiet private space in which to talk

This service is confidential, your parents or teachers will not be informed unless we have serious safeguarding concerns and need to keep you safe.

We look forward to hearing from you!

Out of Hours Support

(for immediate help, evenings and weekends)

Text **CONNECT** to **85258** for 24/7 support.



On Kooth you can



Chat to our friendly counsellors



Read articles written by young people



Get support from the Kooth community



Write in a daily journal

