

Social distancing and self-isolating is challenging for everyone, which is why it's so important for us to look after our mental health as well as our physical health at this time.

We have lots of advice and tips on how to maintain your mental wellbeing during this difficult time online, visit <https://oneyou.southglos.gov.uk/stress-less/>

Alternatively, if you would like to speak to someone to find out what support is available, call 0333 577 4666 available from 11am-7pm Monday to Friday, 12pm-6pm Saturday and Sunday or email [communitysupport@southernbrooks.org.uk](mailto:communitysupport@southernbrooks.org.uk)



This can be a very scary and confusing time for children and young people. However, there are lots of resources available online to help young people look after their mental health.

Please visit <http://sites.southglos.gov.uk/mind-you/coronavirus-covid-19-useful-information/>

Alternatively, if you need help and support or are worried about someone, advice is also available via Avon & Wiltshire Mental Health Partnership's 24-hour helpline, please call 0300 3031320.

