



## Coronavirus (COVID-19): advice and support for young people studying without a family network

Go Higher West Yorkshire (GHWY) recognises that this is a difficult time for young people, particularly care leavers and estranged students. This document signposts you to appropriate guidance and other resources based on mental health / wellbeing difficulties you may be experiencing during lockdown.

### Wellbeing tips

- Drive Forward Foundation: [On self-care](#)
- NHS: [10 tips to help if you are worried about coronavirus](#)
- IMO Hub: [How coronavirus has impacted me as a care leaver, and advice for others](#)

### Coping with social isolation

- Drive Forward Foundation: [My old friend, isolation](#)
- Student Minds: [Staying at home and your mental health](#)
- IMO Hub: [How can I look after my wellbeing while self-isolating?](#)
- Drive Forward Foundation: [A care leaver's view on 'social distancing'](#)

### Managing stress and anxiety

- Mind: [Managing stress](#)
- Young Minds: [What to do if you're anxious about Coronavirus](#)



## Family contact

- Stand Alone: [Making decisions about family contact from a good place in these difficult times](#)

## Financial concerns

- Save The Student: [How coronavirus will impact students](#)

## Support and practical information

- Become: [Coronavirus advice](#)
- Stand Alone: [Judgement and practical issues](#)

## General information

- IMO Hub: [How to spot fake news](#)
- Mind: [Information for young people](#)
- Discover Uni: [Coronavirus \(COVID-19\) information](#)

GHWY does not offer specialist mental health support and the links provided in this document are not an endorsement of the organisations. If you are struggling with your mental health then please contact a reputable service for support. Some useful contacts are provided below.

## Getting support

- [Samaritans](#): Telephone 116 123
- [Shout](#): Text 85258
- [NHS](#): Telephone 111