

#ROUNDYOURHOUSE



Advice Base Self-Help Kit

Roundhouse Advice Base is continuing to operate remotely while the Studios are closed during the COVID-19 crisis.

As a Young Creatives' member you will be able to access support from our dedicated youth support team who will be available to provide information advice and guidance should you need to talk to anyone.

You can speak to a youth worker directly by:

Email: AdviceBase@roundhouse.org.uk (Monday – Friday 10am-6pm)

Phone: 0207 424 8456 (Tuesday and Thursdays 10am – 6pm)

During this time we can offer advice and support around the following:

Mental Health and Wellbeing

Ideas and resources to support you emotionally, and advice on where to get further help.

Learning and Careers

Support finding courses, writing job applications/CVs

Money and Finances

What support is out there for people who are struggling, and how to access it

Ways to stay creative

On how to stay creative and support your mental and physical well-being during lockdown, check out RoundYourHouse for weekly digital Round Table discussions and workshops, access to creative online tools and resources, and podcasts and content from Transmission Roundhouse and Roundhouse Resident Artists.

Dealing with anxiety

There are lots of things that make the pandemic seem very real and scary, even if we are lucky enough to be unaffected ourselves.

If you are suddenly struck by fear and anxiety it can be an overwhelming experience, but there is a simple technique, developed by psychologists, that you can use to overcome these feelings and calm those spinning thoughts in your head.

All you need to do is stand still. Then count backwards from 5, looking for:

- 5 things you can see around you
- 4 things you can touch with your hand
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

This can be done quickly and nobody need know you're doing it, but it really helps to soothe and relax. It's also good for children.

Mental Health & Wellbeing

Here are some ideas and information on how to maintain your health, happiness and hope during the coronavirus outbreak. It includes suggestions on looking after both our own wellbeing and that of our friends and families via mindfulness, meditation and keeping fit.

See Youth Support Work's curated list of apps and websites for managing your mental health [here](#).

Mindfulness and Meditation

[Mindfulness Association](#) has a free daily guided meditation sessions

[Headspace](#) is a great app you can try for free for guided mindfulness and wellbeing sessions

Fitness

[London Youth](#) have created this weekly timetable of fitness sessions to suit every taste and level, and links so you don't have to trawl through the mind bogging amount of sessions online!

Learning and Careers

There are a lot of opportunities to learn for free online at the moment, from improving your digital skills to learning how to play the guitar or learning a new language. We've rounded up a few below:

[General Assembly](#) has a huge range of free short courses coming up on everything from 'Intro to Coding' to 'Surviving the Crisis as a Freelancer' and 'How to launch a Successful Side Hustle'.

[The Open University](#) have a wide range of free accredited short and longer courses.

[Fender](#) is offering 3 months of guitar lessons for free.

[Open Culture](#) are offering free language courses.

Money and Finances

[Turn2us](#) exists to help people access the money available to them – through benefits, grants and other financial help. You can find appropriate sources of financial support, quickly and easily, based on your particular needs and circumstances.

You can also give them a call on their free helpline: 0808 802 2000

[Citizens Advice Bureau](#) gives advice and information to help people resolve their legal and money problems. You can also give them a call on their free helpline: 03444 111 444

[Money Saving Expert](#) also provides up-to-date support and advice on finances during these times, as well as tips on how to save money.

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Other useful links

Housing/Homelessness support

[Prince's Trust](#) have rounded up a list of organisations that are supporting young people in need of emergency accommodation and support.

LGBTQ+ support

[Youth Work Support](#) have listed a range of support networks and helplines specifically for LGBTQ+ youth.

Volunteering

If you feel like you might want to offer your support during this time, the following websites are posting ways you can get involved:

[UK Government website](#)

[VInspired](#)