

Resources for mental health and well being.

Supporting parents and carers video - the Anna Freud Centre

This video provides guidance to parents and carers about how they can support themselves and their children during any disruption caused by the coronavirus.

<https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be>

Self-care strategies - the Anna Freud Centre A selection of self-care strategies that have been developed by young people to help manage their own wellbeing. During a time when access to regular appointments may be disrupted or anxiety might be heightened, it might be helpful to try one or some of these strategies.

<https://www.annafreud.org/on-my-mind/self-care/>

Helpful information to answer children questions about coronavirus - Place2Be

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Coronavirus and your wellbeing – Mind

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse842d2>

Worries about the world - Childline advice page

This page includes information on what concerns a child might currently have, for example about the coronavirus, and some things to try to address these worries.

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/#coronavirus>

Mood journal – Childline

Children can sign up to Childline's "locker" and track their daily mood in the mood journal. This might be a helpful way for children to balance their mood during a period of uncertainty.

<https://www.childline.org.uk/login/?returnPath=%2flocker%2f#journal>

Calm zone – Childline

A toolbox of activities such as breathing exercises, coping videos, yoga videos and games that can help children feel calm in a period of disruption.

<https://www.childline.org.uk/toolbox/calm-zone/>

Understanding anxiety illustration - Priory Group

<https://www.priorygroup.com/media/594863/understanding-childhood-anxiety-v1.jpg>

Coronavirus comic strip - NPR A comic strip to help children understand what the coronavirus is and respond to some common questions and worries they may have.

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1584358951699&t=1584454700885&t=1587508945290>

Tips for if you're worried about the coronavirus - Newsround video

<https://www.bbc.co.uk/newsround/51887051>

How to cope when you can't go to school because of the coronavirus - Newsround video

<https://www.bbc.co.uk/newsround/51656718>

Helplines

SHOUT - text 'Shout' to 85258 for 24/7 crisis text support

Childline - under 19s can call 0800 1111 for free, confidential support