

COVID-19 / CORONAVIRUS: RESOURCES TO SUPPORT THE EMOTIONAL AND MENTAL HEALTH OF CYP AND FAMILIES

FOR PARENTS/CARERS

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

Guidance for parents and carers <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Anna Freud – support and advice for parents and carers <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Every Mind Matters - Looking after children and young people during the coronavirus outbreak <https://www.nhs.uk/oneyou/every-mind-matters/looking-after-children-and-young-people-during-coronavirus-covid-19-outbreak/>

Helpful information - how to answer questions from children and support family wellbeing <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Carers UK - Guidance for carers <https://www.carersuk.org/help-and-advice/coronavirus-covid-19/coronavirus-covid-19>

Calm Together – Mindfulness for the whole family <https://www.calm.com/blog/take-a-deep-breath#calmkids>

FOR YOUNG PEOPLE

Self-care tips for young people- a variety of strategies to help you to manage your wellbeing <https://www.annafreud.org/on-my-mind/self-care/>

ThinkNinja freely available to all young people across the UK – to build resilience and manage emotional health <https://www.healios.org.uk/services/thinkninja>

Young Minds – what to do if you are anxious about coronavirus <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Young Minds – looking after yourself when self-isolating <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

Winstons Wish - How to manage your grief during self-isolation <https://www.winstonswish.org/manage-grief-during-self-isolation/>

FOR CHILDREN

Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic <https://www.mindheart.co/descargables>

A free information book explaining the coronavirus to children
<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

Cornavirus – how to wash your hands and other helpful child friendly videos
<https://www.bbc.co.uk/newsround/51698180>

ChildLine – what is coronavirus and tips to help with lockdown
<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

FOR EVERYONE

Looking after your mental health – coronavirus and wellbeing
<https://www.nhs.uk/oneyou/every-mind-matters/>

Educational Psychology service - guidance regarding children in care and to help with self-care and support for adults [https://www.northamptonshire.gov.uk/councilservices/children-families-education/schools-and-education/educational-psychology-service/Pages/northamptonshire-educational-psychology-service-\(eps\)-.aspx](https://www.northamptonshire.gov.uk/councilservices/children-families-education/schools-and-education/educational-psychology-service/Pages/northamptonshire-educational-psychology-service-(eps)-.aspx)

National Autistic Society – guidance and helpline for parents young people and staff
[https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)

Mencap - Easy Read guide to Coronavirus
<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>

Action for Happiness – Coping Calendar <https://www.actionforhappiness.org/coping-calendar>