



## Useful Website Links

- **Action for Happiness**  
<https://www.actionforhappiness.org/news/how-to-keep-mentally-healthy-during-uncertain-times>
- **Carers UK**  
<https://www.carersuk.org/help-and-advice/coronavirus-covid-19/coronavirus-mental-wellbeing>
- **Jigsaw**  
<https://families.jigsawpshe.com/stuck-at-home/>
- **Place2Be: Improving Children's Mental Health**  
<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-supporting-children-who-may-be-especially-vulnerable/>