

COVID-19 MENTAL HEALTH AND WELLBEING

Mental health and wellbeing Some children and young people may be experiencing feelings such as anxiety, stress or low mood as a result of the coronavirus (COVID-19) outbreak and the recent change in circumstances.

Schools and colleges will continue to offer pastoral support to pupils working remotely. There are also online resources available to help you and your child with mental health and wellbeing, including:

[Mind Ed](#) a free educational resource from Health Education England on children and young people's mental health

[Every Mind Matters](#), which includes an online tool and email journey to support everyone to feel more confident in taking action to look after their mental health and wellbeing

[Bereavement UK](#) and the [Childhood Bereavement Network](#), provide information and resources to support bereaved pupils, schools and staff

[Public Health England's](#) advice and guidance for parents and professionals on supporting children and young people's mental health and wellbeing includes key actions you can take to support your child's mental health and wellbeing, such as supporting safe ways to connect with friends. It also emphasises the importance of children continuing to remain fit and active and, wherever possible, having the 60 minutes of daily physical activity, recommended by the Chief Medical Officers. Further advice and support to help pupils remain physically active are available from Youth Sport Trust and [Sport England](#).

There is also a range of support directed at children and young people, including:

- free confidential support can be accessed anytime from government-backed voluntary and community sector organisations by:
 - texting SHOUT to 85258
 - calling Childline on 0800 1111
 - calling the Mix on 0808 808 4994
 - online information on COVID-19 and mental health is available on the [Young Minds](#) website
- Barnardo's See, Hear, Respond service, provides support to children, young people and their families who aren't currently seeing a social worker or other agency, and who are struggling to cope with the emotional impacts of coronavirus (COVID-19). You can access via the ['See, Hear, Respond' service self-referral webpage](#) or Freephone 0800 151 7015.

It is also vital to report any safeguarding concerns you have about any child. Contact the [NSPCC helpline](#).