

Useful web links, resources and apps

Resources

- ❖ [Wellbeing and mental health during covid-19 booklet](#) (Cumbria, Northumbria, Tyne & Wear NHS Foundation Trust)
- ❖ [Workbook to understand Covid-19 for younger children](#) (Author: Manuela Molina - @MINDHEART.KIDS)
- ❖ [Recovery College Online](#) (Tees, Esk and Wear Valleys NHS Foundation Trust)
- ❖ [A range of resources for schools and colleges](#) (Anna Freud)
- ❖ [Responding to the coronavirus: resources for mental health and wellbeing](#) (Mentally Healthy Schools)
- ❖ [Free educational resources on children and young people's mental health for adults](#) (MindEd)
- ❖ [Your Mind Plan - Interactive quiz with advice](#) (Every Mind Matters)

Information and support links

- ❖ [How to talk to children about Covid-19](#) (Anxiety UK)
- ❖ [Coping with worry and anxiety about Covid-19](#) (Kids Health, New Zealand)
- ❖ [Coping during the pandemic](#) (Child Line)
- ❖ [Advice and support for parents and carers](#) (NSPCC)
- ❖ [Coping practically and emotionally during the Covid-19 outbreak](#) (Family Lives)
- ❖ [The little book of minding your head \(what is mental health\)](#) (Yellow Wellies)
- ❖ [Supporting your child's mental wellbeing in uncertain times](#) (Tees, Esk and Wear Valleys NHS Foundation Trust)
- ❖ [How to cope with nightmares](#) (Anxiety Canada)
- ❖ [Sleep](#) (Sleep Foundation)
- ❖ [Suicide prevent support](#) (Papyrus – Prevention of young suicide)

Smartphone Apps



[Think Ninja](#)

Designed for children and young people (10-18 yrs) to give skills and knowledge about mental health and emotional wellbeing



[Daylio](#)

Daily mood and micro diary



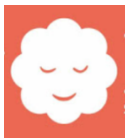
[Relax Melodies](#)

Sleep aid



[Headspace](#)

Meditation and sleep



[MyLife Meditation by Stop.Breathe.Think](#)

Meditation and mindfulness



[SAM](#)

Understand and manage your anxiety



[Mind of my own](#)

Helps young people express views and feelings



[What's up? – A Mental Health App](#)

For when you need a little extra help getting through those tough days