

# Wellbeing Resources

\*To access resources hold down the **Ctrl** button and click the hyperlinks\*



## Dealing with The Disruptions

- [BPS - Coronavirus and UK school closures: Support for schools and parents/carers](#)
- [Babcock - Supporting Schools, Parents/Carers and Pupils](#)
- [Anna Freud - Support for parents/carers](#) and [Parents video](#)
- [NASP - Helping children cope with changes resulting from Covid-19](#)
- [Pearson - Support for parents and learners during Coronavirus - Free Tools / Resources](#)
- [National Autistic Society - Coronavirus Support and Information](#)



## Managing Mental Health

- [Anna Freud Centre - We All Have Mental Health](#)
- [ChildLine - How to Cope with Anxiety](#)
- [Mental Health - Break the Stigma](#)
- [BPS - Positives of Social Media Use](#)
- [Mind - Coronavirus and your wellbeing](#)
- [NHS - Every Mind Matters](#)
- [Explaining Anxiety \(Fight/Flight/Freeze\) - Teenagers or Children](#)
- [BACP - Coronavirus anxiety: How to cope if you're feeling anxious about Coronavirus](#)
- [Mental Health Foundation - How to look after your mental health during the Coronavirus](#)



## Useful Contacts & Online Services

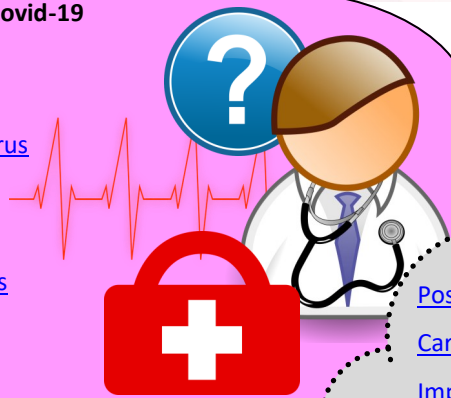
- [CCS Children's Services Duty Line: 0300 029 5050](#)
- [ChatHealth \(Parents & Carers\): 07520 649 887](#)
- [ChatHealth \(ages 11-19\): 07480 635 443](#)
- [First Response Service \(Mental Health Crisis\): 111, Opt. 2](#)
- Department for Education Helpline: **0800 046 8687**
- Email: [DfE.coronavirushelpline@education.gov.uk](mailto:DfE.coronavirushelpline@education.gov.uk)
- [YoungMinds Crisis Messenger \(Young People\): 85258](#)
- [YoungMinds Parents Helpline: 0808 802 5544](#)
- [Kooth \(Young Peoples Online Messaging Service\)](#)
- [Centre33 \(Fullscope\): 0333 4141809 / Text: 07514 783745](#)
- [Keep Your Head - Young People or Adults](#)
- [Stop, Breathe & Think App](#)
- [Samaritans: 116 123](#)
- [CHUMS: Referrals](#)
- [Men's Health Forum](#)
- [Family Lives](#)



## Support For Parents & Carers

### Talking to Young People about Covid-19

- [BPS - Talking to children about Coronavirus](#)
- [Wandering Minds - How to talk to kids about Coronavirus](#)
- [Nurse Dotty Books - Dave the Dog is worried about Coronavirus](#)
- [NSPCC - How to have difficult conversations with children](#)
- [YoungMinds - Talking to your child about Coronavirus](#)
- [FACE COVID - How to Respond Effectively to the Corona Crisis](#)
- [FlourishingFamilies - How to talk to children about Covid-19](#)
- [Explaining Covid-19](#)
- [NCTSN - Parent/Caregiver guide to helping families cope - Fact Sheet](#)
- [Place2Be - Coronavirus: helpful information to answer questions from children](#)
- [Emerging Minds - How can we best support young people with their worries and anxiety?](#)
- [UNICEF - How to talk to your child about coronavirus disease 2019 \(COVID-19\)](#)
- [Amaze - FAQ's about Coronavirus for parents/carers of children with SEND](#)



### Health and Home

- [Posture Tips for Laptop Users](#) and [Sitting at a Desk](#)
- [CarersUK - Information for Carers and Young Carers](#)
- [Importance of Hand Washing](#) and [How Germs Spread](#)
- [MENCAP - Information about Coronavirus](#)
- [Gingerbread - Information for single parents](#)
- [How to Wash Hands](#)



YOU ARE NOT ALONE

