

On this page

- [What is coronavirus?](#)
- [10 tips to cope during lockdown](#)
- [Help if you're worried](#)
- [Coping with schools closing](#)
- [If you're feeling unwell](#)

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/#lockdown>