



We know this is going to be a difficult time for some young people. Here are some links that you might find useful whilst things are feeling different

CombinedWellbeing:

<https://combinedwellbeing.org.uk/>

Alder Hey:

<https://alderhey.nhs.uk/covid-19-information-hub/education-resources?q=%2F%2Feducation-resources>

Childline:

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

YoungMinds:

<https://youngminds.org.uk/>

BBC/CBeebies:

<https://www.bbc.co.uk/cbeebies/joinin/talking-to-your-child-about-emotions>

CALM:

<https://www.thecalmzone.net/2020/03/a-little-help-to-get-you-through-these-weird-times/>
<https://www.thecalmzone.net/2020/03/putting-the-social-into-social-distancing/>

Mind:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

NHS:

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

PAPYRUS:

<https://papyrus-uk.org/practising-self-care-during-times-of-uncertainty/>

RCPSYCH:

<https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/covid-19-and-mental-health>

Samaritans:

<https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

UNICEF:

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

BBC Newsround:

<https://www.bbc.co.uk/newsround/51861089>

Action for Happiness:

<https://www.dayofhappiness.net/children>

Telephone Number:

North Staffordshire Combined Healthcare NHS Trust 24/7 Crisis Care Centre
0300 123 0907 (Option 1)