

Coronavirus – COVID 19

Digital Links and Resources

for Parents and Carers

Amaze - information pack for parents <https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>

Beacon House School: <https://beaconschoolsupport.co.uk/newsletters/how-to-talk-to-children-about-coronavirus>

Bromley – school closures:

https://www.bromley.gov.uk/press/article/1595/coronavirus_covid-19_school_closures_guidance

Carers UK - Guidance for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

Government guidance on school closures:

https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers?utm_source=3af9bd53-8b24-49d0-92be-34d607ef773a&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate

Family Lives <https://www.familylives.org.uk/how-we-can-help/confidential-helpline/>

FutureLearn – [COVID-19 Coronavirus - Online Course - FutureLearn](#)

Habitica – scheduling app: <https://habitica.com/static/home>

Mencap - Easy Read guide to Coronavirus:

<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>

National Autistic Society – guidance and helpline for parents', young people and staff: [https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)

NHS

- Apps for mental health: <https://www.nhs.uk/apps-library/category/mental-health/>
- Change4Life: <https://www.nhs.uk/change4life/about-change4life>
- Live Well: <https://www.nhs.uk/Conditions/stress-anxiety-depression/>

Place2Be: [Coronavirus: Helpful information to answer questions from children](#)

Together for Short Lives <https://www.togetherforshortlives.org.uk/get-support/supporting-you/family-resources/coronavirus-qa/>

WHO – helping children cope with stress https://www.epi-win.com/all-resources/helping-children-cope-with-stress-during-the-covid-19-outbreak#163961_20200318052635

Young Minds:

- Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
- Looking after your mental health while self-isolating <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>
- **Parents Helpline:**
If you are a parent who needs advice about your child's mental health you can contact the Parents Helpline directly on 0808 802 between 9:30am-4pm