

## Useful resources for emotional health and wellbeing

1. NHS – Health A-Z (Mental Health) whole range of audio guides and signposting to mental health helplines, support groups and expert advice. Also ability to put local post code in and find out what resources re local to you. [www.nhs.uk](http://www.nhs.uk)
2. Public Health England & NHS Every Mind Matters website: [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters) - generic health and wellbeing information linked to NHS
3. The Children's Society – Take Time Out; Youth and well-being Directory and The Mix
  - Youth and well-being Directory [www.annafreud.org](http://www.annafreud.org)
  - Take Time Out – [www.youngminds.org.uk](http://www.youngminds.org.uk)
  - [www.themix.org.uk](http://www.themix.org.uk)
4. Action for Children mental health resources and information – [www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)
5. ChildLine mental health support and guidance. [www.childline.org.uk](http://www.childline.org.uk)
6. Health Education England (in association with Young Minds have agreed a number of accessible on line modules) MindEd Hub [www.minded.org.uk](http://www.minded.org.uk)  
This is mainly for adults/family/carers in support of children's mental health – free and accessible with no login required
7. Anna Freud – Schools in Mind and related resources for children and families [www.annafreud.org](http://www.annafreud.org)
8. Local Children & Adolescent Mental Health (CAMHS) services:
  - NHS local Access to Children & Young Peoples (services [www.tewv.nhs.uk](http://www.tewv.nhs.uk))
  - Alliance Psychological Services – Children & young people's therapies and intervention [www.alliancepsychology.com](http://www.alliancepsychology.com)
9. Samaritans - if you're worried about your mental health during the coronavirus outbreak  
<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/>
10. Kooth free online counselling and emotional wellbeing platform for young people in Hartlepool ,Stockton and Darlington aged 11-18 years. Kooth website allows young people to gain anonymous advice support and guidance with relationship issues, anxiety, stress and depression. [www.kooth.com](http://www.kooth.com) (and as per previous information about their service, and free online webinars)

There are also some specific children's resources you may find useful:

- **BBC Newsround**, providing advice to children and young people who are worried about coronavirus  
<https://www.bbc.co.uk/newsround/518961566>
- **Hungry little minds** [www.hungrylittleminds.campaign.gov.uk](http://www.hungrylittleminds.campaign.gov.uk)
- **BBC Tiny Happy People** is a free website which gives ideas for activities and play ideas pre-birth – age 5  
[www.bbc.co.uk/tinyhappypeople](http://www.bbc.co.uk/tinyhappypeople)
- Free Online course for children aged 7-12 as a way of learning about the global COVID-19 pandemic. They will learn helpful information about what the new virus is, how to stay healthy and do their best not to pass it on, how they might feel about it, things to do at home:  
<https://lms.recoverycollegeonline.co.uk/course/view.php?id=3755>
- **Alder Hey Childrens NHS Foundation Trust** – animation to help children understand what Coronavirus is  
[www.youtube.com/watch?v=iMR3WPCRuAI&feature=youtu.be](http://www.youtube.com/watch?v=iMR3WPCRuAI&feature=youtu.be)
- **My Hero is You** story book aimed to help children (6 – 11) to understand Covid-19  
<https://www.unhcr.org/news/press/2020/4/5e8ecdba4/childrens-storybook-released-help-children-young-people-cope-covid-19.html>  
This can be downloaded or played as an audiobook. It is also produced in 6 languages.
- **Coronavirus – A Book for Children** story book explaining coronavirus to children (5 -9) [https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus\\_ABookForChildren.pdf](https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf) (which we have previously circulated and is excellent)