

Wellbeing Resources

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



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](#)

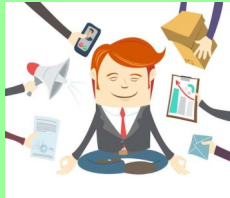
[Mind - Coronavirus and your wellbeing](#)

[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](#)



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](#)



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

[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, Breath & Think App](#)

[Samaritans: 116 123](#)

[CHUMS: Referrals](#)

[Men's Health Forum](#)

[Family Lives](#)



YOU ARE NOT ALONE

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](#)

