

Responding to the coronavirus: resources for mental health and wellbeing

Supporting parents and carers video - the Anna Freud Centre

This video provides guidance to parents and carers about how they can support themselves and their children during any disruption caused by the coronavirus.

<https://youtu.be/ZnANLAcPRZ4>

Self-care strategies - the Anna Freud Centre

A selection of self-care strategies that have been developed by young people to help manage their own wellbeing. During a time when access to regular appointments may be disrupted or anxiety might be heightened, it might be helpful to try one or some of these strategies.

<https://www.annafreud.org/on-my-mind/self-care/>

Helpful information on what concerns a child might currently have, for example about the coronavirus, and some things to try to address these worries. Place2be

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

Coronavirus and your wellbeing - Mind

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse842d2>

Worries about the world - Childline advice page

Children can sign up to Childline's "locker" and track their daily mood in the mood journal. This might be a helpful way for children to balance their mood during a period of uncertainty.

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

Mood journal - Childline

A toolbox of activities such as breathing exercises, coping videos, yoga videos and games that can help children feel calm in a period of disruption.

<https://www.childline.org.uk/locker/#journal>

Calm zone - Childline

A toolbox of activities such as breathing exercises, coping videos, yoga videos and games that can help children feel calm in a period of disruption.

<https://www.childline.org.uk/toolbox/calm-zone/>