

Supporting Children & Young People

- [Covibook](#) – an interactive resource designed to support and reassure primary aged children. It allows them to explain and draw the emotions that they might be experiencing.
- The [ELSA website](#) has some great resources for assisting children with their wellbeing at home
- The Anna Freud National Centre for Children and Families has [specific advice for young people feeling anxious](#) about Covid-19/Corona virus
- There is also a [comic style booklet](#) available to print and discuss with children (I would suggest this is suitable to around 13 as a rough guide)
- [Place2Be](#) has collated helpful advice for answering children's questions
- Carers UK - [Guidance for carers](#)
- [Special Needs Jungle](#) – Calming Corona Anxiety in Children & Everyone Else

Supporting Parents & Families

- Anna Freud Centre also has [advice for parents](#) who want to reassure children whilst being honest as well as advice for families working together.
- We also attached to this email, images which can be printed/sent to parents around the five ways to wellbeing if you need to self-isolate
- One of the worries which many parents are facing is how they will manage all being at home together once schools close. The BBC released [this article](#) which has some handy tips about managing the balance between routine and rigidity from.
- Young Minds: [top tips for parents](#)

Self-Care for Professionals

- Adrian Bethune's & Frederika Roberts' article 'How to keep mentally healthy & stay sane during a coronavirus lock' is an invaluable source of tips and advice.
- *Mental Health First Aid England* - [how to stay mentally healthy while working at home](#)
- Invite a colleague for a virtual coffee break – if you can't get together face to face, why not connect with someone and invite them for a virtual cuppa? The same applies for those elderly or vulnerable family members who are having to distance themselves socially. Technology can be a great help here.
- Pooky Knightsmith – [5 Top Tips for Staying Mentally Well](#)
- Don't forget that [Headspace is free for all working in education](#). There are other apps to help with guided meditation or YouTube: allowing you to engage with the present and take a brain break is key at this uncertain time.
- Anna Freud Centre's advice for [professionals supporting young people](#)
- [Importance of relaxation](#): physically & mentally

Twitter Accounts which may be helpful:

@EdSupportUK

@mindworkmatters

@TheEmpathyWeek

@ParentHub_UK

@YoungMindsUK

@teacher5aday

@Place2Be

@adrianbethune

