



Responding to the corona virus: Resources for mental health and wellbeing

Useful resources:

- ❖ Helpful information to answer children questions about corona virus - Place2Be
<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>
- ❖ Talking to your child about the corona virus – Young Minds
<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
- ❖ Corona virus and your wellbeing – Mind
<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse842d2>
- ❖ Worries about the world - Child line advice page - This page includes information on what concerns a child might currently have, for example about the corona virus, and some things to try to address these worries.
<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/#coronavirus>
- ❖ 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/>
- ❖ 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 corona virus.
<https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be>



Providence English Private School

P.E.P.S. Resources for mental health and wellbeing

- ❖ Supporting schools video - the Anna Freud Centre - This video provides guidance to those working in schools and colleges about how they can help their pupils manage their mental health and wellbeing during any disruption caused by the corona virus.
<https://www.youtube.com/watch?v=SjSh5SYWFqM&feature=youtu.be>
- ❖ Supporting schools and colleges booklet - the Anna Freud Centre - This free booklet provides advice and guidance for school staff about how to help children and young people manage their mental health and wellbeing during times of disruption to their learning.
<https://www.annafreud.org/media/11160/supporting-schools-and-colleges.pdf>
- ❖ Worries about the world - Child line advice page - This page includes information on what concerns a child might currently have, for example about the corona virus, and some things to try to address these worries.
<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/#coronavirus>
- ❖ Mood journal – Child line - Children can sign up to Child line’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/login/?returnPath=%2flocker%2f#journal>