

# Responding to the coronavirus: resources for mental health and wellbeing

## **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.

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## **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 coronavirus.

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## **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.

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## **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.

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## **Helpful information to answer children questions about coronavirus - Place2Be**

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## **Talking to your child about the coronavirus - YoungMinds**

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## **Coronavirus and your wellbeing - Mind**

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## **Worries about the world - Childline advice page**

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

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## **Mood journal - Childline**

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.

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## **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.

[Go to resource](#)

## Understanding anxiety illustration - Priory Group

[Go to resource](#)

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## Coronavirus comic strip - NPR

A comic strip to help children understand what the coronavirus is and respond to some common questions and worries they may have.

[Go to resource](#)

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## Tips for if you're worried about the coronavirus - Newsround video

[Go to resource](#)

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## How to cope when you can't go to school because of the coronavirus - Newsround video

[Go to resource](#)

## Helplines

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**SHOUT - text 'Shout' to 85258 for 24/7 crisis text support**

**Childline - under 19s can call 0800 1111 for free, confidential support**

**Education Support - school staff can call 08000 562 561 or text 07909 341229 for 24/7 help and advice**