



Coronavirus

Helpful information to support children, young people and parents

We're living in uncertain and rapidly changing times. We don't know how the coronavirus situation will impact on children, young people and parents' mental health, but there is a risk that the concern that they feel may lead to feelings of anxiety and distress. Lots of organisations are preparing resources which you might find useful in supporting your children whilst at home.

Below is a selection of support materials for parents and children to access but there will be lots more out there. Please remember that school staff are still here and available to support parents and children during this time. Many of these organisations highlighted below are already listed on our website via this [link](#).

General advice about protecting ourselves from the virus

Mencap have produced an easy read guide to the Coronavirus which can be found [here](#)

Guidance about supporting Mental Health during the Coronavirus pandemic

Coronavirus and UK schools closures: Support and advice for schools and parents/carers

The British Psychological Society has produced this guidance document which gives advice to parents which explicitly considers continued liaison between schools, families and relevant professionals while the current measures are in place. It can be found [here](#)



Managing anxiety

The British Association For Counselling And Psychotherapy have produced some short guidance 'Coronavirus anxiety: how to cope if you're feeling anxious about the outbreak' which can be found [here](#)

Resources which provide advice to parents/staff about supporting their children

Helping children cope with stress

The World Health Organisation has produced a useful 1 sided poster 'Helping Children Cope with Stress During the COVID-19 Outbreak' for parents. It can be found [here](#)

Looking after your family's wellbeing at home

The Liverpool CaMHS partnership have produced this 8 page leaflet which includes a set of resilience challenges for 4-7 year olds and 8-11 year olds. Perhaps older siblings can be used to go through with their younger brothers and sisters? We know that teaching someone something makes it much clearer. The leaflet can be found [here](#)

Place2Be guide

Place2Be have produced a guide giving advice to parents about How to support their children and themselves with concerns, sharing tips, and some useful resources, to put this in context. It can be found [here](#)

Worries about the world - Childline advice page

This page includes information on what concerns a child might currently have, but not just about the coronavirus, and some things to try to address these worries. Find it [here](#)



Anna Freud Centre

A new page on the Anna Freud website provides clear, simple advice to all those who are supporting children and young people - including to young people themselves. There are 3 videos, one for young people, one for parents and one for schools and colleges.

You can access the page at www.annafreud.org/coronavirus

Child Mind Institute

The Child Mind Institute has produced a page on its website which offers advice for parents from experts about bringing up the pandemic in a way that will be reassuring and not make kids more worried than they already may be. It can be found [here](#)

Young Minds 10 tips from the Parents Helpline

10 tips for parents if their child is worried about coronavirus can be found [here](#)

Explaining Coronavirus to younger children

A cartoon which explains Coronavirus to young children can be found [here](#)

Activities for children at home

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. Find it [here](#) (Sign up to Childline required)

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. Find it [here](#)



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

Find it [here](#)

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

Find it [here](#)

Resources for children experiencing difficulties

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

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

Kooth at [Kooth.com](https://www.kooth.com)

Advice for parents to look after their own wellbeing

Mind – Coronavirus and your wellbeing

Lots of practical ideas for adults to look after their wellbeing if stuck indoors can be found [here](#)

Take a deep breath

Calming resources to take care of your mind and stay grounded can be found [here](#)