



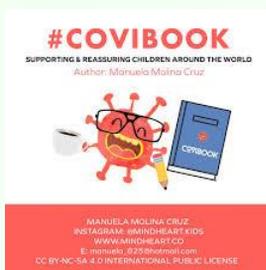
# Mental Health and Wellbeing

## Advice for Talking to Children about Covid 19 **KNOW THE FACTS!**

There is so much information and no small amount of disinformation around coronavirus. Talking to children about Covid 19 can be difficult – children of different ages need to hear things in ways that are appropriate to their age group.

Each of the links below takes you to different styles and levels of detail and we hope that you will be able to find something useful for the children in your care.

- **Place 2Be** have produced a factsheet for parents offering tips and advice to help put the virus in context (<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>)
- Another children's mental health organisation, **Young Minds**, have also produced a tips sheet for parents to help with talking about Coronavirus. (<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>)
- Coronavirus Story by **Elsa Support** - <https://www.elsa-support.co.uk/coronavirus-story-for-children/>  
This is a colourful and clear explanation of the virus that is suitable for younger children. There is also quite a lot of useful information on the website as well.



- A resource called Covibook has been developed in multiple languages for children aged 2-7, but could also be used with older children:  
<https://www.mindheart.co/descargables>

# Mental Health and Wellbeing; Looking After Yourself and Others



There are many anxieties and even more questions about how to weather this storm and maintain our own mental wellbeing. These are just a few links that might help when it's feeling like an uphill struggle.

The first is a link to a very short video providing a few ideas on how to support yourselves and your families at the moment. It is from a bank of resources which have been made available by the **Anna Freud Centre** which is a charity dedicated to supporting children's mental health:

<https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be>

The Mental Health organisation **MIND**, has developed a resource which covers:

- Practical advice for staying at home
- Talking care of your mental health and wellbeing
- Support for work, benefits and housing
- Checklist for staying at home

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

For some families, being at home with children with learning or emotional difficulties can present additional challenges. The Anna Freud Centre has also published some advice to help respond to the unique challenges that may arise for vulnerable children. Although some of these resources relate to older children they have been included as they may be useful to some of our families with older children.

- **ADHD Parenting Tips** – <https://www.helpguide.org/articles/add-adhd/when-your-child-has-attention-deficit-disorder-adhd.htm>
- **National Autistic Society** - Top tips for families – <https://www.autism.org.uk/services/helplines/coronavirus/resources/tips.aspx>
- **OCD Action** – <https://ocdaction.org.uk/articles/covid-19>
- Coping with an **eating disorder** during coronavirus – YoungMinds (<https://youngminds.org.uk/blog/coping-with-an-eating-disorder-during-the-coronavirus-pandemic/>)

## HELPLINES

**SHOUT** – text 'shout' to 85258 for 24/7 crisis text support

**CHILDLINE** – under 19s can call 0800 1111 for free, confidential support

**Samaritans** – Call free any time on 116 123

**shout**  
for support in a crisis

**ChildLine**  
0800 1111 

**SAMARITANS**