

Some people might experience worry and anxiety once they return back to their 'normal' lives after Coronavirus (Covid-19). This document brings together information and resources to help support young people and families at this difficult time.

## Resources for children and young people

- **Young Minds:** This website is designed for young people and is aimed specifically at those who may be anxious about coronavirus. There is interactive content and a link to further information about looking after your mental health while self-isolating.

<https://youngminds.org.uk/>

- **Support for mental and emotional well-being**

<https://www.childrensociety.org.uk/coronavirus-information-and-support>

- **Coronavirus bereavement for young people**

<https://www.healthyyoungmindsinherts.org.uk/sites/default/files/content/coronavirus-bereavement-and-childrne-guide-for-parents-and-carers.pdf>

- **Winston's Wish:** a charity that supports children and their families after the death of a parent or sibling

<https://www.winstonswish.org/>

- **Advice for young people** | Anna Freud National Centre for Children and Families

<https://www.annafreud.org/coronavirus/>

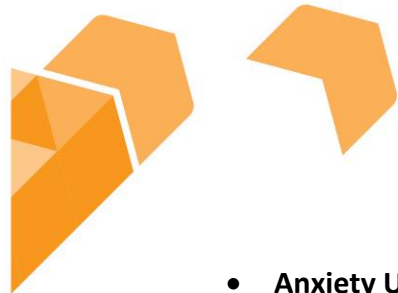
- **Mind:** Coronavirus and well-being for children and young people

<https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing/>

- **Kooth:** offers online counselling and emotional well-being support service for children and young people

<https://www.kooth.com/>

## For a better life



- **Anxiety UK:** Practical advice and information for anybody affected by anxiety, stress and/or anxiety based depression – as well as for their parents, family and friends.

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

- **The Mix:** free information and support for young people under the age of 25 years

<https://www.themix.org.uk/>

- **Healthy Young Minds:** Mental health and wellbeing apps

<https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/>

- **Brave program YouTube series:** teaching coping skills for dealing with difficult situations

<https://www.youtube.com/playlist?list=PLV2QbbQ2oknAahQLP3herbudnpKcYtkNU>

## **Resources for children and young people with specific needs**

- **Mencap:** Easy-to-read information guide about COVID-19

<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20UPDATED%20130320%20SD%20editsAH.pdf>

- **Social Story** about COVID-19

<https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-.pdf>

- **Young Minds:** Coronavirus, autism and mental health

[https://youngminds.org.uk/blog/coronavirus-autism-and-my-mental-health/?gclid=Cj0KCQjwn7j2BRDrARIsAHJkxmyEH8vlyJzgMTWQub3uApyLa-ZJipqIQN6wXa\\_bRx36\\_fKSB4x8na8aAq7eEALw\\_wcB](https://youngminds.org.uk/blog/coronavirus-autism-and-my-mental-health/?gclid=Cj0KCQjwn7j2BRDrARIsAHJkxmyEH8vlyJzgMTWQub3uApyLa-ZJipqIQN6wXa_bRx36_fKSB4x8na8aAq7eEALw_wcB)

- **National Autistic Society:** Information for autistic people of all ages. Resources include social stories and offers guidance with visual supports.

<https://www.autism.org.uk/services/helplines/coronavirus/resources/helpful-resources.aspx>

## **For a better life**

## Resources for parents/ carers

- **The Royal College of Paediatrics and Child Health:** How to tell children that someone has died

[https://www.rcpch.ac.uk/sites/default/files/2020-04/how to tell children that someone has died final.pdf](https://www.rcpch.ac.uk/sites/default/files/2020-04/how_to_tell_children_that_someone_has_died_final.pdf)

- **Anxiety and Coping with the Coronavirus:** information on how to manage worry in yourself and in your kids

<https://childmind.org/article/anxiety-and-coping-with-coronavirus/>

- **Coronavirus bereavement parents:** Helping a child when someone they care about has a very serious coronavirus illness or has died

<https://www.healthyyoungmindsinherts.org.uk/sites/default/files/content/coronavirus-bereavement-and-childrne-guide-for-parents-and-carers.pdf>

- **British Psychological Society:** talking about coronavirus

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf>

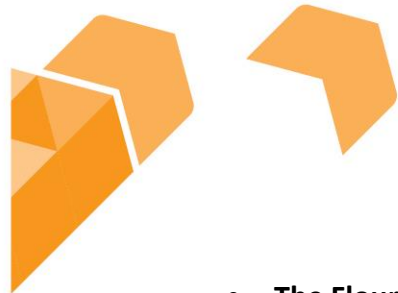
- **Anna Freud National Centre for Children and Families:** offering advice and support for parents and carers during periods of disruption

<https://www.annafreud.org/coronavirus/>

- **Mind Ed** is a free online educational resource on children and young people's mental health for all adults, which can support parents and carers through these exceptional circumstances.

<https://www.minded.org.uk/>

## For a better life



- **The Flourishing Families Clinic** (at the University of Sussex and Sussex Partnership NHS Trust): they have produced tips and advice on how to talk to your child about their COVID anxieties.

<https://www.flourishingfamiliesclinic.nhs.uk/How%20to%20Talk%20to%20Children%20about%20COVID.pdf>

- **The National Association of School Psychologists:** a resource for parents for talking to children about COVID-19 anxieties

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

- **Wandering Minds of a Psychologist** explains why it is important to talk to children about COVID-19 and provides concrete examples of things to say/ questions to ask

[https://wanderingmindofapsychologist.com/2020/03/06/how-to-talk-to-kids-about-coronavirus/amp/?\\_twitter\\_impression=true](https://wanderingmindofapsychologist.com/2020/03/06/how-to-talk-to-kids-about-coronavirus/amp/?_twitter_impression=true)

- **The Guardian:** Advice on both how to talk to your child about COVID-19, and what to cover

<https://www.theguardian.com/commentisfree/2020/mar/02/stop-a-worry-becoming-catastrophic-how-to-talk-to-your-kids-about-the-coronavirus>

- **The Child's Mind Institute:**

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

- **BBC Radio 4's Women's Hour:** How to talk to children about COVID-19

<https://www.bbc.co.uk/sounds/play/p085rjkm>

## For a better life