

Emotional Well-Being

During this time, many of us may be experiencing a range of emotions. To support young people with this, Young Minds have released this information:

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

As adults, it is also important for us to take care of ourselves. This website may be useful:

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

You may also find information on the following website particularly useful. The Young Minds A-Z covers a wide-range of areas including anxiety, anger, gender identity, divorce, self-esteem and much more. It is available on our website or via the direct link below:

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/>

Please note there is also a Parent Contact section that includes a telephone number as well as contact form:

<https://youngminds.org.uk/contact-us/>

Corona virus social stories

<http://www.millfields.hackney.sch.uk/uploads/2019/Corona%20Virus%20Info%20for%20Young%20Children.pdf.pdf>

Elsa Support Corona stories

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Story-about-Coronavirus.pdf>

Helping children understand coronavirus - <https://hes-extraordinary.com/teach-kids-about-coronavirus?fbclid=IwAR0wBrFK1CFGVR1wDann0pfXC8k6Df5qzGXeY4zU9qR4RzFA1XiD74KjSXW>

https://positivepsychology.com/the-crisis-kit/?utm_campaign=enormail&utm_source=enormail&utm_medium=email&utm_content='The%20Crisis%20Kit'

Adult wellbeing

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Coronavirus, how to protect your mental health –

https://www.bbc.co.uk/news/health-51873799?fbclid=IwAR1MZL-PMjPq3i5MMCHX_IB0I-vFuiX8Cx_3xPFTLD-bSgtooOo1-0axz-l