



## Support Resources for Covid-19 EWMH

Advice about Coronavirus and your wellbeing from Mind: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Looking after your mental health during the Coronavirus outbreak:

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

Covid-19 and the mental health of your children: <https://ymhproject.org/covid-19-and-the-mental-health-of-your-children/>

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

Scotland based website with information about Coronavirus and how to support your own wellbeing: <https://young.scot/campaigns/national/coronavirus>

Pooky Knightsmith youtube video: <https://www.youtube.com/watch?v=8GmQijmUrkk>

National Autistic Society – guidance and helpline for parents', young people and staff:

[https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)

Mencap - Easy Read guide to Coronavirus: <https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>

Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Carers UK - Guidance for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: <https://www.mindheart.co/descargables>

Amaze - information pack for parents <https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>

Action for happiness coping calendar - <https://www.actionforhappiness.org/coping-calendar>

Happiful 8 ways to help with Covid 19 - <https://happiful.com/coronavirus-ways-to-help/>

Beat Eating disorders support with Covid 19 - <https://www.beateatingdisorders.org.uk/coronavirus>

NHS Every mind matters support - <https://www.nhs.uk/oneyou/every-mind-matters/anxiety/>