



WELLBEING AND MENTAL HEALTH

For Children and Young People

YoungMinds advice on wellbeing when self-isolating

Young mental health activists have compiled a first-hand advice piece on looking after your mental health while self-isolating.

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

BBC Newsround

Has information on the illness itself, and a range of stories connected to its impact for children and young people.

<https://www.bbc.co.uk/newsround/51958714>

<https://www.bbc.co.uk/newsround/51204456>

Rethink Mental illness online hub

A variety of resources for support for the self and others

<https://www.rethink.org/advice-and-information/covid-19-support/>

Mencap

Easy Read guide to Coronavirus [Here](#)

Student Minds Advice and support

<https://www.studentminds.org.uk/coronavirus>

For Parents and Carers

British Psychological Society guide on talking to children

BPS have acted quickly in producing a guide on the importance of talking to children, and what is best to say [here](#)

Carers UK guide

Carers and young carers will face extra challenges during isolation periods, so Carers UK have prepared a guide.

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19/coronavirus-mental-wellbeing>

Practical AAC communication resources

A variety of learning resource tips for those with communication needs, and resources for explaining coronavirus to those with severe communication needs

<https://praacticalaac.org/praactical/praactical-resources-dealing-with-the-covid-19-pandemic/>

<https://praacticalaac.org/praactical/praactical-resources-online-aac-support-for-families-during-school-closures/>

Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing
Here

The Great Indoors

Scouts UK have compiled a list of activities and instructions on indoor activity for children

<https://www.scouts.org.uk/the-great-indoors/>

For professionals/General

Working from home and looking after your wellbeing

British Association of Counselling and Psychotherapy have an [informative guest blog](#) on being aware of wellbeing while working from home, as many of us now have to do.

Anna Freud national centre for children and families awareness videos

[Useful information](#) that members could share, split into young people, carers and school categories. They pick up on areas such as social media's impact, and its potential danger to increase worry.

Centre for Mental Health collection

Centre for Mental Health have compiled resource and links on various aspects of coronavirus affecting us

<https://www.centreformentalhealth.org.uk/coronavirus-update>

MIND – Coronavirus and Your wellbeing- general care advice and resource
<https://www.mind.org.uk/>

