

Overview for Social, Emotional, Mental Health and Well-Being

We have put together some useful links to well-being websites offering children and families further support during Covid-19 and returning to school strategies.

Anna Freud Centre

<https://www.annafreud.org/coronavirus-support/support-for-parents-and-carers/>

<https://www.annafreud.org/media/11245/option-3-covid-advice-parents.pdf>

See family guidance

Barnados

<https://www.barnardos.org.uk/blog/what-anxiety>



[What is anxiety? | Barnardo's](#)

It is very normal to feel anxious sometimes - everyone does - and you shouldn't ever be embarrassed to talk about it. Right now, a big reason you might feel anxious is the Coronavirus. We'll look at some of the reasons why it happens, as well as some tips and advice to combat it.

www.barnardos.org.uk

<https://www.barnardos.org.uk/support-hub/back-school-strategies-coping-feelings>



[Back to school: Strategies for coping with feelings | Barnardo's](#)

Grounding techniques. A grounding technique is a coping strategy for managing intense feelings and emotions. These techniques help to 'ground' us, which means they help us to notice the present moment we are in.

www.barnardos.org.uk