

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.

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

Well-being Activities for Children

- **Think about the usual ways in which you look after yourself....whatever they may be.....perhaps talking to your family or friends, exercise, hobbies, good food and sleep!**

- **Early Help 4 Mental Health's '10 a Day' choices towards balancing our mental health'**

www.babcockldp.co.uk/cms/articles/send-file/8df803e7-ac41-4b80-9f38-69d919fe1887/1 (10 a day)

- **Your Grey Matters - 13 activity downloads to help relieve stress and encourage children to think about their mental health**

https://kidzania.co.uk/important-information-covid19/your-grey-matters-activity-booklets?utm_campaign=1730141_April%2017th%202020&utm_medium=email&utm_source=The%20Day&dm_i=32K1,112ZH,72NI1R,3X54J,1

The links below have expert advice and practical tips to help you look after your own and your child's mental health and wellbeing.

- **NHS Every Mind Matters-** 5 steps to mental well being

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

- **NHS Every Mind Matters-** Your Mind Plan, 5 questions to 'check in 'with how you are feeling-to help you take simple, practical steps to look after your mental wellbeing by dealing with stress, boosting your mood and feeling on top of things.

<https://www.nhs.uk/oneyou/every-mind-matters/>

- **Mental Health Foundation-** lots of useful advice specifically about looking after your mental health during the coronavirus (COVID-19) outbreak

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

- **Devon County Council-** signposting for mental health support

<https://content.govdelivery.com/accounts/UKDEVONCC/bulletins/28c6140>

Child friendly information about Coronavirus

The links below have some child friendly information about Covid-19. We would suggest that parents read the resource first to see if it is suitable to use with your child / children.

- **NHS and NHS Health Education England- specially produced Coronavirus resources for children, young people and their families.**

<https://library.nhs.uk/coronavirus-resources/children-and-young-people/>

- **NHS accessible format resources**

<https://library.nhs.uk/coronavirus-resources/accessible-formats-2/>

- **Top tips for families from the National Autistic Society**

https://www.autism.org.uk/~media/nas/our-services/coronavirus/tips_for_families_covid19.ashx?la=en-gb

- **Government advice for children's mental health and well being**

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Older children

- <https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus-ABookForChildren.pdf> a free online book by **Elizabeth Jenner, Kate Wilson & Nia Robert**
- <https://www.bbc.co.uk/news/uk-51734855> a video clip of children having their questions/myths answered about Coronavirus

Younger children

- <http://www.millfields.hackney.sch.uk/uploads/2019/Corona%20Virus%20Info%20for%20Young%20Children.pdf.pdf> a free online book by **Manuela Molina Cruz**

For bereavement

- **Bereavement /loss**

A North Devon organization, **Families in Grief**, for supporting children and families
<https://familiesingrief.org/>

Balloons bereavement charity

<https://www.balloonscharity.co.uk/>

National organisations

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

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

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