

## **Wellbeing – Online Resources**

### **In support of – All**

- a. An excellent toolkit of resources for coronavirus and mental health:  
<https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing/>
- b. Mind have comprehensive mental health resources for your own personal wellbeing, and also wellbeing in the workplace:  
<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- c. NHS – Health A-Z (Mental Health), a whole range of audio guides and signposting to mental health helplines, support groups and expert advice. The website also allows you to put in your local postcode to find out what resources are close to you:  
[www.nhs.uk](http://www.nhs.uk)
- d. Public Health England & NHS Every Mind Matters website - generic health and wellbeing information linked to the NHS:  
[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters) -
- e. Samaritans - if you are worried about your mental health during the coronavirus outbreak:  
<https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

### **In support of - Teachers and Pupils**

- a. The National College are running free support hubs and webinars for pupils and teachers:  
<https://thenationalcollege.co.uk>

### **In support of - Parents and Pupils**

- a. <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>
- b. Government and DfE Mental Health Guidance:  
<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/>

### **In support of - Children / Young people**

- a. The Children’s Society – Take Time Out; Youth and wellbeing Directory and The Mix
  - i. Youth and wellbeing Directory [www.annafreud.org](http://www.annafreud.org)
  - ii. Take Time Out – [www.youngminds.org.uk](http://www.youngminds.org.uk)
  - iii. [www.themix.org.uk](http://www.themix.org.uk)
- b. Action for Children mental health resources and information:  
[www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)
- c. Childline mental health support and guidance:  
[www.childline.org.uk](http://www.childline.org.uk)

- d. Health Education England (in association with Young Minds have agreed a number of accessible on line modules) This is mainly for adults/family/carers in support of children's mental health – free and accessible with no login required:  
[www.minded.org.uk](http://www.minded.org.uk)
- e. Local Children & Adolescent Mental Health (CAMHS) services:
  - i. NHS local Access to Children & Young Peoples services:  
[www.tewv.nhs.uk](http://www.tewv.nhs.uk)
  - ii. Alliance Psychological Services – Children & young people's therapies and intervention:  
[www.alliancepsychology.com](http://www.alliancepsychology.com)

### **Children's Resources**

- a. BBC Newsround, providing advice to children and young people who are worried about coronavirus:  
<https://www.bbc.co.uk/newsround/>
- b. Hungry little minds:  
<https://hungrylittleminds.campaign.gov.uk/>
- c. BBC Tiny Happy People is a free website, which gives ideas for activities and play ideas pre-birth – age 5:  
[www.bbc.co.uk/tinyhappypeople](http://www.bbc.co.uk/tinyhappypeople)
- d. Free online course for children (7-12) as a way of learning about the global COVID-19 pandemic. They will learn helpful information about what the new virus is, how to stay healthy and do their best not to pass it on, how they might feel about it, things to do at home:  
<https://www.recoverycollegeonline.co.uk/>
- e. Alder Hey Childrens NHS Foundation Trust – animation to help children understand what Coronavirus is:  
[www.youtube.com/watch?v=iMR3WPCRuAI&feature=youtu.be](http://www.youtube.com/watch?v=iMR3WPCRuAI&feature=youtu.be)
- f. My Hero is You story book aimed to help children (6-11) to understand Covid-19. This can be downloaded or played as an audiobook. It is also produced in 6 languages:  
<https://www.unhcr.org/news/press/2020/4/5e8ecdba4/childrens-storybook-released-help-children-young-people-cope-covid-19.html>
- g. Coronavirus – A Book for Children story book explaining coronavirus to children (5-9):  
[https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus\\_ABookForChildren.pdf](https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf)
- h. In terms of curriculum and Coronavirus/emotional health and wellbeing – the PSHE Association has created a Coronavirus Hub, which does provide info and advice about building this into the curriculum, teaching remotely, podcasts etc. for teachers:  
<https://www.pshe-association.org.uk/content/coronavirus-hub>