

SUPPORT FOR YOUNG PEOPLE

The Anna Freud Centre

The Anna Freud Centre have produced guidance about how to maintain children's wellbeing at a time of uncertainty. They have also developed a video for children and young people- <https://www.youtube.com/watch?v=ME5IZn4-BAk&feature=youtu.be>

I'm a young person who is worried about the coronavirus - what advice can you give me?

<https://www.annafreud.org/media/11244/option-3-covid-advice-young-people-with-image.pdf>

SUPPORT FOR PARENTS AND CARERS

Supporting your child during the coronavirus outbreak

Government Guidance

Government guidance on supporting children and young people's mental health during the coronavirus

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

The Anna Freud Centre

The Anna Freud Centre have developed a video for parents and carers-

<https://youtu.be/ZnANLAcPRZ4>

Reassuring children and young people who are worried about coronavirus: advice for parents and carers

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

Top tips to help families work together and support one another during the coronavirus outbreak

<https://www.annafreud.org/media/11246/option-3-covid-advice-families2.pdf>

8 ways a parent of carer can help children manage the transition back to nursery

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

Rockpool Supporting Parents and Children Emotionally (SPACE)

Rockpool <https://rockpool.life/> have produced five factsheets for parents and practitioners with the aim of providing information by using trauma awareness about children's and adult's emotional behaviour:

- Factsheet 1: Being Safe
<https://rockpool.life/wp-content/uploads/2020/04/SPACE-Factsheet-one-being-safe-cr.pdf>
- Factsheet 2: Keeping Connected
<https://rockpool.life/wp-content/uploads/2020/04/SPACE-Factsheet-two-keeping-connected-2.pdf>
- Factsheet 3: Understanding Resilience
<https://rockpool.life/wp-content/uploads/2020/04/SPACE-Factsheet-three-understanding-resilience-RP.pdf>
- Factsheet 4: A Nurturing Environment
<https://rockpool.life/wp-content/uploads/2020/05/SPACE-Factsheet-four-nurturing-environment-Rock-Pool-2.pdf>
- Factsheet 5: Understanding Emotions and Healthy Relationships
<https://rockpool.life/wp-content/uploads/2020/05/SPACE-Factsheet-five-healthy-relationships-RP-3.pdf>

The National Health Service

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

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

7 simple tips to tackle working from home

<https://www.nhs.uk/oneyou/every-mind-matters/7-simple-tips-to-tackle-working-from-home/>

10 tips to help if you are worried about coronavirus

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

How to fall asleep faster and sleep better

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-how-to-fall-asleep-and-sleep-better/>

Mental wellbeing while staying at home

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

What you can do if you feel lonely during the coronavirus outbreak

<https://www.nhs.uk/oneyou/every-mind-matters/coping-loneliness-during-coronavirus-outbreak/>

Are you a parent or carer who is concerned about the mental health of your child or teenager? Do you just want some hints and tips on parenting?

MindEd for Families has advice and information from trusted experts and will help you to understand what problems occur, what you can do to best support your family, and how to take care of yourself. MindEd for Families is written by a team of specialists and parents, working together- <https://www.minded.org.uk/>

Action for Happiness

This **Joyful June** Calendar has daily actions for **June 2020** to help us look for what's good even in difficult times.

JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good, even on the difficult days	2 Re-frame a worry and try to find a positive way to respond	3 Think of 3 things you're grateful for and write them down	4 Show your appreciation to those who are helping others	5 Smile and be friendly, even while you're social distancing	6 Notice the upsides during the lockdown, however small	7 Find a joyful way of being physically active (indoors or out)
8 Write a letter to thank someone for what they did	9 Find the joy in music today; sing, play, dance or listen	10 Take a photo of something that brings you joy and share it	11 Say positive things in your conversations with others today	12 Make a plan with friends to do something fun together	13 Appreciate the joy of nature and the beauty in the world around	14 Do three things to bring joy to other people today
15 Rediscover a fun childhood activity that you can enjoy today	16 Ask a loved one what they feel grateful for at the moment	17 Be kind to you. Treat yourself the way you would treat a friend	18 Send a positive note to a friend who needs encouragement	19 Create a list of favourite memories you feel grateful for	20 Make time to do something playful today, just for the fun of it	21 Enjoy trying a new recipe or cooking your favourite food
22 Share a happy memory with someone who means a lot to you	23 Look for something to be thankful for where you least expect it	24 Thank a friend for the joy they bring into your life	25 Eat food that makes you feel good and really savour it	26 See the upside in a difficult situation you learnt from	27 Watch something funny and enjoy how it feels to laugh	28 Create a playlist of your favourite songs and enjoy them
29 Take time to do something that makes you happy today	30 Make a list of the joys in your life (and keep adding to them)	"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle				

ACTION FOR HAPPINESS www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together **Keep Calm · Stay Wise · Be Kind**

CAMHS

Created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being. <https://www.camhs-resources.co.uk/>