EMOTIONAL HEALTH AND WELLBEING SERVICE

NHS

Wellbeing Resources

*To access resources hold down the **Ctrl** button and click the hyperlinks*

Emotional Health and Wellbeing Service

Managing Mental Health

Anna Freud Centre - We All Have Mental Health

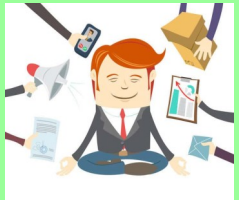
ChildLine - How to Cope with Anxiety

Mental Health - Break the Stigma

BPS - Positives of Social Media Use

Mind - Coronavirus and your wellbeing

NHS - Every Mind Matters



Explaining Anxiety (Fight/Flight/Freeze) - Teenagers or Children

BACP - Coronavirus anxiety: How to cope if you're feeling anxious about Coronavirus

Mental Health Foundation - How to look after your mental health during the Coronavirus

Dealing with The Disruptions

BPS - Coronavirus and UK school closures: Support for schools and parents/carers

Babcock - Supporting Schools, Parents/Carers and Pupils

Anna Freud - Support for parents/carers and Parents video

NASP - Helping children cope with changes resulting from Covid-19

Pearson - Support for parents and learners during Coronavirus - Free Tools / Resources

National Autistic Society - Coronavirus Support and Information

Useful Contacts & Online Services

CCS Children's Services Duty Line: **0300 029 5050**

→ ChatHealth (Parents & Carers): **07520 649 887**

→ ChatHealth (ages 11-19): **07480 635 443**

First Response Service (Mental Health Crisis): **111, Opt. 2**

Department for Education Helpline: **0800 046 8687**

→ Email: DfE.coronavirushelpline@education.gov.uk

YoungMinds Crisis Messenger (Young People): **85258**

→ YoungMinds Parents Helpline: **0808 802 5544**

Kooth (Young Peoples Online Messaging Service)

Centre33 (Fullscope): **0333 4141809** / Text: **07514 783745**

Keep Your Head - Young People or Adults

Stop, Breath & Think App

Samaritans: **116 123**

CHUMS: Referrals

Men's Health Forum

Family Lives

Support For Parents & Carers

Talking to Young People about Covid-19

BPS - Talking to children about Coronavirus

Wandering Minds - How to talk to kids about Coronavirus

Nurse Dotty Books - Dave the Dog is worried about Coronavirus

NSPCC - How to have difficult conversations with children

YoungMinds - Talking to your child about Coronavirus

FACE COVID - How to Respond Effectively to the Corona Crisis

FlourishingFamilies - How to talk to children about Covid-19

Explaining Covid-19

NCTSN - Parent/Caregiver guide to helping families cope - Fact Sheet

Place2Be - Coronavirus: helpful information to answer questions from children

Emerging Minds - How can we best support young people with their worries and anxiety?

UNICEF - How to talk to your child about coronavirus disease 2019 (COVID-19)

Amaze - FAQ's about Coronavirus for parents/carers of children with SEND

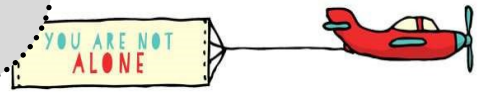
Health and Home

Posture Tips for Laptop Users and Sitting at a Desk

CarersUK - Information for Carers and Young Carers

Importance of Hand Washing and How Germs Spread

MENCAP - Information about Coronavirus

Gingerbread - Information for single parents

How to Wash Hands