

# Coronavirus: mental health and wellbeing resources

17/04/20

To support you during the coronavirus outbreak, we have hand-picked a selection of quality-assured, free resources from across the sector.

This toolkit includes resources to use with vulnerable children or children with SEND, a resource from Stonewall for the LGBTQ+ community, as well as a resource pack for staff wellbeing and practical activities for adults and children to help stay mentally well.

## Resources for vulnerable children, children with SEND, LGBTQ+ community

### **Supporting vulnerable children and young people - the Anna Freud Centre**

Based on survey findings from school staff, the Anna Freud Centre have developed a resource to advise on supporting the most vulnerable children and young people during the Coronavirus epidemic.

[Go to resource](#)

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### **Top tips for families - National Autistic Society**

This page links to a pdf of tips and online resources to help families of autistic children deal with this difficult time.

[Go to resource](#)

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### **ADHD Parenting Tips – Help Guide**

Tips and strategies for managing your child's behavior and dealing with common ADHD challenges, which may be heightened during this time

[Go to resource](#)

## **Social distancing and children of alcohol-dependent parents - Nacoa**

Nacoa shares potential concerns around children who are in self-isolation or social distancing with parents who have an alcohol dependency and ideas for ways to help.

[Go to resource](#)

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## **Managing the transition to homeschooling for children with SEND - UCL**

Advice and links to resources to help make the transition to homeschooling for children with SEND as smooth as possible.

[Go to resource](#)

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## **Covid-19: How LGBT-inclusive organisations can help - Stonewall**

Support and signposting from Stonewall for the LGBTQ+ community during Covid-19.

[Go to resource](#)

## **Staff wellbeing**

### **Staff Wellbeing Positive Mental Health Resource Pack - Twinkl**

This resource pack includes a bank of resources for school staff to support their own mental health and wellbeing, and that of others, during challenging times, as well as everyday. Use code CVDTWINKLHELPS to access the staff wellbeing hub for free.

[Go to resource](#)

## **Bereavement training**

### **Supporting a bereaved pupil – Child Bereavement UK**

This comprehensive, free-to-access training tool has been created for staff in schools, to help develop their understanding, skills and confidence in supporting pupils and their families when they experience a bereavement.

[Go to resource](#)

## **Practical activities for children**

### **The Great Indoors: 100 ideas & activities to inspire young minds at home – Scouts**

A guide from The Scouts for 100 indoor activities, including strategies to support with mental health and wellbeing.

[Go to resource](#)

## **Resources for adult and children wellbeing**

### **Simple self-soothe strategies – Creative Education, Dr Pooky Knightsmith**

This course explores a range of simple strategies that either adults or children can use to create a sense of calm and wellbeing.

[Go to resource](#)

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### **Stay mentally well during Covid-19 – Creative Education, Dr Pooky Knightsmith**

This course explores simple strategies to help you stay mentally well during these unprecedented times.

[Go to resource](#)

## Caring for each other – Sesame Street

Videos, activities and tips for the whole family, especially parents, to care for themselves and others during this time.

[Go to resource](#)

## Q&A video for school staff

### Coronavirus Q&A for school and college staff - Anna Freud Centre

An expert panel answer popular questions about mental health and education, and how they may be affected by coronavirus.

[Go to resource](#)

## Helplines

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**SHOUT - text 'Shout' to 85258 for 24/7 crisis text support**

**Childline - under 19s can call 0800 1111 for free, confidential support**

**Education Support - school staff can call 08000 562 561 or text 07909 341229 for 24/7 help and advice**

## More coronavirus toolkits

- [Coronavirus: mental health and wellbeing resources \(1/04/20\)](#)
- [Responding to the coronavirus: resources for mental health and wellbeing \(19/03/20\)](#)