

Resources for Supporting Children and Young People

Tips for talking to children about the Corona Virus situation (from the UK Mental Health Foundation): <https://mentalhealth.org.uk/coronavirus/talking-to-children>

And also from Place2Be: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

A guide for teenagers for coping with the lockdown and related anxieties by the great UK charity Young Minds <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

Self care and mental health coping strategies for young people:
<https://www.annafreud.org/on-my-mind/self-care/>

Drs Chris and Xand on BBC Newsround answering corona Virus questions:
<https://www.bbc.co.uk/newsround/51861089>

Free downloadable picturebooks for younger children (7 and below) to help explain Corona Virus: <https://www.mindheart.co/descargables> and <https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/?fbclid=IwAR1GVgFeDXI9EZK6Rvtd0wNw8zgdjsct8cgzhYe00dchUmTF9d71rsN8EZ8>

Great blog by UK Clinical Psychologist Dr Louise Clegg for Families, including how to support children, managing family tensions etc:
<https://louiselegg.co.uk/2020/03/28/supporting-emotional-wellbeing/?fbclid=IwAR1dPP-DRBuRIIdlk8IHSat0hR9vdQLG3W9Ad7rdKIECZs8zOPv0STW1aNzc>

Great Canadian website with free resources of ways to support children suffering from anxiety – home therapy self-help: <https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/>