

Useful Links To Support Mental Health And Well- Being During The Corona Virus.

SUPPORTING CHILDREN'S MENTAL WELLBEING DURING CORONAVIRUS—GOV.UK Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak: COVID-19: guidance on supporting children and young people's mental health and wellbeing -https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing?utm_source=198a9e75-a418-444

SUPPORTING CHILDREN'S MENTAL WELLBEING DURING CORONAVIRUS—CHILDLINE Information and reassurance for children and young people about Coronavirus (Covid-19) and advice about what to do if they are worried: CHILDLINE - CORONAVIRUS WORRIES: <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

SUPPORTING CHILDREN'S MENTAL WELLBEING DURING CORONAVIRUS—NSPCC Advice for parents and carers about how to help if their child is anxious or worried about Coronavirus (Covid-19). Plus advice on how to support and keep children safe if they're struggling with their mental health: NSPCC - MENTAL HEALTH & CORONAVIRUS: https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/?utm_source=Adestra&utm_medium=email&utm_content=Talking%20to%20a

SUPPORTING CHILDREN'S MENTAL WELLBEING—HELPING CHILDREN WITH AUTISM Coronavirus and Helping Children with Autism– A Parent's Guide. A FREE podcast from the Association for Child & Adolescent Mental Health: PODCAST: CORONAVIRUS & AUTISM - A PARENT'S GUIDE <https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/>