**Helpful resources**

**The following resources will help children and young people to manage their own emotional wellbeing and mental health:**

* NHS approved mental health apps list:

<https://www.nhs.uk/apps-library/filter/?categories=Mental%20health>

**Guidance & Activities for Children:**

* At home activity guide and ideas (Toddlers and Young children) by Zero to Three: <https://www.zerotothree.org/resources/3264-at-home-activity-guide>
* Make the most of video chats to families and friends with young children by Zero to Three: <https://www.zerotothree.org/resources/2535-five-tips-to-make-the-most-of-video-chats>
* Cosmic Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>
* Joe Wicks workout for kids: <https://www.youtube.com/watch?v=Rz0go1pTda8>
* Joe Wicks Home workout: <https://www.youtube.com/watch?v=fHfTCd2q-rg>

**The following resources will help you to support the emotional wellbeing and mental health of yourself and your family.**

Emotional Wellbeing through Coronavirus:

* Public Health England Coronavirus resources: [https://campaignresources.phe.gov.uk/resources/campaigns/101-coronavirus-/resources](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcampaignresources.phe.gov.uk%2Fresources%2Fcampaigns%2F101-coronavirus-%2Fresources&data=02%7C01%7C%7C0f74248f47dd40f2eed608d7cfcffcba%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637206364512880426&sdata=Qfa8Q2qTgEn%2FqT6yIkit8Ej8yzlTbl6XLBw3oslRS3c%3D&reserved=0)
* Advice for children, families and staff: <https://www.annafreud.org/coronavirus/>
* Mental health foundation, How to look after yourself after your mental health during the Coronavirus outbreak: <https://mentalhealth.org.uk/coronavirus>
* Mind, coronavirus and your wellbeing: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
* 6 ways parents can support their kids through coronavirus (Unicef): <https://www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-through-coronavirus-covid-19>
* Young minds advice to young people and parent on mental health and impact of coronavirus: <https://youngminds.org.uk/about-us/media-centre/press-releases/youngminds-publishes-advice-for-young-people-and-parents-on-mental-health-impact-of-coronavirus/>

Young minds, what to do if you are anxious about coronavirus: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Parent Support lines

* Samaritans helpline 116 123: <https://www.samaritans.org/chatappeal3/?gclid=CjwKCAjw3-bzBRBhEiwAgnnLCgy8E_S_3AFSQ4rm0TOPR1nPGC-5sd-rCSlqvqCWHquaN_u-8QEdMRoCBqcQAvD_BwE>
* Text support if you are experiencing a crisis by Give Us a Shout: <https://www.giveusashout.org/about-shout/>
* Family support helpline by Families in Action: <https://www.family-action.org.uk/what-we-do/children-families/family-support-services/>
* Helpline by Supportline (any age): <https://www.supportline.org.uk/about/aims-of-service/>
* Parent helpline by Young Minds: <https://youngminds.org.uk/find-help/for-parents/>
* Parent confidential helpline by Family Lives: <https://www.familylives.org.uk/>

Bereavement care support line by Cruse: <https://www.cruse.org.uk/>