

Support links for families throughout the COVID-19 period

- **A guide to living with worry and anxiety**
Psychology Tools have put together this guide to help support those who are finding it difficult to manage their emotions at times of uncertainty.
<https://www.lymmhigh.org.uk/wp-content/uploads/2020/07/Living-with-worry-and-anxiety.pdf>
- **Building Confidence and Resilience – MindEd**
Clear advice and signposting for parents and carers to help child deal with change and difficult situations
https://mindedforfamilies.org.uk/Content/building_confidence_and_resilience/#/id/59e4d478ab5c1b176f1e2aea
- **10 ways to help parents help their children cope with change – YoungMinds**
<https://mentallyhealthyschools.org.uk/resources/10-ways-for-parents-to-help-their-children-cope-with-change?pdf=coronavirus-toolkit-6-resilience>
- **Resources for anxiety, stress and Covid-19 - Safe Hands**
Some resources to support children and adults around anxiety, worry, stress, and fears; including specifically Covid-19.
<http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links/>
- **Protecting your mental health - Carers UK**
These tips are designed to help both you and those you care for look after yourselves and protect your mental wellbeing.
<https://www.carersuk.org/help-and-advice/coronavirus-covid-19/coronavirus-mental-wellbeing>
- **How to keep mentally healthy during uncertain times - Action for Happiness.**
These ideas and examples can help you find ways to look after your wellbeing during the coronavirus outbreak.
<https://www.actionforhappiness.org/news/how-to-keep-mentally-healthy-during-uncertain-times>
- **Self-care strategies - the Anna Freud Centre**
A selection of self-care strategies that have been developed by young people to help manage their own wellbeing. During a time when access to regular appointments may be disrupted or anxiety might be heightened, it might be helpful to try one or some of these strategies.
<https://www.annafreud.org/on-my-mind/self-care/>
- **Coronavirus and your wellbeing – Mind**
<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse842d2>

- Talking to your child about the coronavirus – YoungMinds
<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
- Worries about the world - Childline advice page
This page includes information on what concerns a child might currently have, for example about the coronavirus, and some things to try to address these worries.
<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/#coronavirus>
- Student Videos
Tips for if you're worried about the coronavirus -
Newsround video <https://www.bbc.co.uk/newsround/51887051>
How to cope when you can't go to school because of the coronavirus - Newsround video
<https://www.bbc.co.uk/newsround/51656718>
- Helping your child with anxiety - YoungMinds
An article and video with tips for parents on supporting their children with anxiety.
<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>