

## HOW TO MANAGE ANXIETY AROUND COVID-19: RESOURCE LIST

Supporting the emotional wellbeing and mental health of children  
and young people

**Redbridge EWMHS/ CAMHS**

Last updated: 1<sup>st</sup> May 2020



**Kooth:** a safe, free, and anonymous online support for young people

- Open from Monday-Friday 12pm-10pm and Saturday-Sunday 6pm-10pm
- Must make an account to access the website but the username can be anonymous
- Link: <https://www.kooth.com/>

## childline

**Childline:** a charity for children and young people under 19 years old

- Free, private, and confidential service where you can talk about anything
- Online or over the phone with trained counsellors
- Open from 9am-Midnight
- Link for Coronavirus information: <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>
- Link to general website: <https://www.childline.org.uk/>



**Kids Health:** information about Coronavirus for children, adolescents and parents (also available in Spanish)

- Link to children's page: <https://kidshealth.org/en/kids/coronavirus-kids.html>
- Link to coronavirus page: <https://kidshealth.org/en/parents/coronavirus-landing-page.html?WT.ac=p-ra>



**Just for Kids: A Comic Exploring the New Coronavirus:** an easy explanation of COVID-19 for children

- It can also be played acoustically via the audio tab at the top of the page
- It can be printed as well
- Link: <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1584457518291&t=1585064196574>



**BBC:** contains articles dedicated to COVID-19

- "Coronavirus: is everything you have heard true or just a myth?" dedicated to explaining myths about COVID-19 with videos included  
<https://www.bbc.co.uk/newsround/51387017>
- "Coronavirus: how to protect your mental health" <https://www.bbc.co.uk/news/health-51873799>



**YoungMinds:** "Looking after your mental health while self-isolating" gives you tips on how to stay connected, stay calm, deal with stress at home and provides extra resources and helplines

- Link: <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>



**WHO:** "Coping with stress during the 2019-nCoV outbreak" easy to understand leaflet

- Link: [https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a\\_2](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2)

### ACTION FOR HAPPINESS

**Action for happiness:** coping calendar has 30 suggested actions to look after ourselves and each other as we face this global crisis

- Link: <https://www.actionforhappiness.org/coping-calendar>



**Mind:** a website dedicated to mental health awareness

- Contains a page on Coronavirus and your wellbeing with information to help you cope
- It also covers
  - 1) a plan for staying at home and indoors
  - 2) Take care of your mental health and wellbeing 3) Checklist: are you ready to stay home?
- Link: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>



**Mental Health Europe:** "Coronavirus: 8 ways to look after your mental health"

- Link: [https://www.mhe-sme.org/covid-19/?fbclid=IwAR0sdgVfnBjbhFQcOXYmGj29jgYeM\\_zWSUTo\\_JPS\\_ICyd22gJlI0E29VvRQ](https://www.mhe-sme.org/covid-19/?fbclid=IwAR0sdgVfnBjbhFQcOXYmGj29jgYeM_zWSUTo_JPS_ICyd22gJlI0E29VvRQ)



**Anxiety Canada:** "What to do if you're anxious or worried about coronavirus" tips and advice

- Link: <https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/>



**Centers for Disease Control and Prevention:** Managing Anxiety and Stress with information on how to support yourself during these difficult times

- Link: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>



**Gov.UK:**

- Guidance to social distancing for everyone in the UK  
<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>
- Guidance for the public on the mental health and wellbeing aspects of COVID
  - Link: <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>
  - What can help your mental health and wellbeing?
    - Connect with others to maintain relationships
    - Help and support others
    - Talk about your worries or fears with people you trust
    - Don't forget to take care of your body: drink water, exercise, eat well and if possible, try to go outside every now and then
    - Try to maintain a regular sleeping patterns: cut back on screens before bed and caffeine
    - Try not to watch the news all day if it makes you anxious and make sure to be well informed about COVID
    - Do things you enjoys and keep your mind active!



**Anna Freud Centre:** contains a list of strategies young people can use to take care of their own mental health

- Link: <https://www.annafreud.org/on-my-mind/self-care/>



**NHS:** contains a page focused on mental health and wellbeing

- Provides you with a link to a mood self-assessment which can help you understand how you are feeling and gives you advice on what you can do
- It also contains mental wellbeing audio guides to help with low mood, anxiety, problems sleeping, low confidence and unhelpful thinking
- Link: <https://www.nhs.uk/conditions/stress-anxiety-depression/>



**Every Mind Matters:** a website linked with the NHS that contains information and tips about COVID-19 and how to improve your mental wellbeing while staying at home

- Link: <https://www.nhs.uk/oneyou/every-mind-matters/>

**Computerized CBT program:**

<https://www.cognitofrms.com/VladIorga/ComputerisedCBTSignUp>

**NELFT NHS Foundation trust:** more resources for managing anxiety and low mood during Covid-19

- Includes webinars, breathing exercises, tips and tricks for physical wellbeing, low mood, anxiety, emotional wellbeing etc.
- Link: <https://nelftstaff.crisp.help/en/category/emotional-wellbeing-1qdjboj/>



**TATF:** information about worry and anxiety about the coronavirus

<https://theyarethefuture.co.uk/worry-anxiety-coronavirus/>

GUIDES/WORKBOOKS

**Online guide for children “Hello I am a virus, cousins with the flu and the common cold”:**

- Link: [https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685\\_319c5acf38d34604b537ac9fae37fc80.pdf](https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf)

**Online guide for children “What is the Coronavirus”** a simple explanation of the coronavirus for children that contains little text and lots of images

- Link: <https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

**Online guide for adolescents “Living with worry and anxiety amidst global uncertainty”**

- Includes a mixture of psychoeducation about normal and excessive worry, normalization, and a selection of practical exercises that anyone can use to manage worry and maintain wellbeing in these uncertain times
- Link to English version: [https://www.psychologytools.com/assets/covid-19/guide\\_to\\_living\\_with\\_worry\\_and\\_anxiety\\_amidst\\_global\\_uncertainty\\_en-gb.pdf](https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf)
- Link to versions in other languages (Russian, Spanish, Swedish): <https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

**Online guide for adolescents “FACE COVID-19, how to respond effectively to the Corona crisis”**

- A set of practical steps for responding effectively to the Corona crisis using the principles of acceptance and commitment therapy (ACT)
- Link: <https://www.baps.org.uk/content/uploads/2020/03/FACE-COVID-by-Russ-Harris-pdf-pdf.pdf>

**Self-help leaflet’s on various mental health problems:** <https://web.nrw.nhs.uk/selfhelp/>

**Coronavirus Anxiety Workbook:**

<https://drive.google.com/file/d/1DjyV9FvrTBD5woT8BBDtH0TVnu4acYLI/view>

## USEFUL VIDEOS/PODCASTS

- **Supporting Young People Through Disruption:** Anna Freud Centre  
<https://www.youtube.com/watch?v=ME5IZn4-BAk>
- **Be in the pond Cosmic Kids Zen Den:** Mindfulness for kids  
<https://www.youtube.com/watch?v=wf5K3pP2IUQ&app=desktop>
- **BBC Videos:** myths and facts about Coronavirus <https://www.bbc.co.uk/newsround/51387017>
- **BBC Videos:** Coronavirus advice on what to do if you are worried <https://www.bbc.co.uk/newsround/51896156>
- **Audio: A steady heart in the time of Coronavirus:** a 13-minute practice to steady your heart  
<https://jackkornfield.com/steady-heart/>
- **FACE COVID: How to respond effectively to the Corona Crisis 1**  
[https://www.youtube.com/watch?fbclid=IwAR2BQbowZiXpx4r0EZaDSGog\\_wywsjtQUI\\_vZMMf-uiJHg1Pr2h9t7xK56I&v=BmvNCdpHUYM&app=desktop](https://www.youtube.com/watch?fbclid=IwAR2BQbowZiXpx4r0EZaDSGog_wywsjtQUI_vZMMf-uiJHg1Pr2h9t7xK56I&v=BmvNCdpHUYM&app=desktop)
- **Playmobile: a simple explanation of coronavirus for children:**  
<https://www.youtube.com/watch?v=5DIOGKpMNs4&feature=youtu.be>
- **Coping with Anxiety through CBT (podcast):** <http://letstalkaboutcbt.libsyn.com/coping-with-anxiety-about-coronavirus>
- **Sleeping through a crisis (podcast):** <https://audioboom.com/posts/7553395-sleeping-through-a-crisis>

## MINDFULNESS RESOURCES



### BeMindful

- General information about mindfulness, what is it, and how to achieve it
- Offers an online mindfulness course
- Link: <https://bemindful.co.uk/>



### Mindfulnet

- Information website about mindfulness
- Offers links to books, apps, and resources that teach you how to learn mindfulness
- Link: <http://www.mindfulnet.org/>



**Smiling Mind:** contains information about mindfulness, how to use it

- Link to Coronavirus page: <https://www.smilingmind.com.au/covid19-support-page>

## MINDFULNESS APPS

**Calm:** iPhone app to help with sleeping, increasing confidence, reduce stress and anxiety through guided meditation, soothing music and bedtime stories

- Some features are free
- A subscription which provides access to the entire Calm catalog costs 12.99 dollars/month, 59.99 dollars/year and 299.99 dollars for a lifetime subscription

**Mindshift:** by Healthy Young Minds helps teens and young adults cope with anxiety by offering general information and strategies to manage worry, panic, conflict, or anxiety

**Omvana:** a meditation app with a library of meditations from world class instructors

- Includes meditations for any situation (sleep, stress, focus etc.)
- You can customize your experiences

**Headspace:** mindfulness app with guided exercises, videos and more to get you healthier and happier

**Smiling Mind:** offers meditation and mindfulness exercises for free

**Relax Melodies:** a sleep aid app to make you fall asleep quickly and wake up refreshed through relaxing sounds

- Free for some features
- The Pro version costs 3.49 pounds
- A lifetime subscription costs 19.99 dollars

### Mindfulness-Children

**Elefriends:** supportive online community from the mental health charity Mind- a safe place to listen, share, and be heard

- Available for free

**Pacifica:** provides tools for managing depressed mood, anxiety, and stress built upon the principles of cognitive behavioral therapy, mindfulness, relaxation and health

- Can be used on iOS 6.0 and above on apple or version 4.0 and above on Android devices
- Free to download and use
- Full access costs 3.99 dollars per month or 29.99 dollars per year

**Meditation timer:** includes a meditation timer with a delay time, an interval bell, a daily reminder time, and a statistics screen that includes brief meditation tips

- Free

**Stop Breathe and think:** helps you find peace anywhere, allows you to check in with your emotions and recommends short guided meditations, yoga, and acupressure videos.

- Free



'Calm'



'Mindshift'



'Omvana'



'Headspace'



'Smiling Mind'



'Relax Melodies'



'Mindfulness - Children'



'Elefriends'



'Pacifica'



'Meditation Timer'



'Stop, Breathe & Think'

**The British Psychological Association:**

- “The importance of talking to children about Coronavirus”  
<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf>
- Psychological perspectives: a growing resource list collecting and linking psychological contributions on Coronavirus <https://thepsychologist.bps.org.uk/volume-33/april-2020/coronavirus-psychological-perspectives>

**BBC:**

- “Coronavirus: How to help kids cope with life without school”
  - Link: <https://www.bbc.co.uk/news/uk-politics-51959957>
- “Coronavirus: Keep it simple, stick to facts-how parents should tell kids”
  - Link: <https://www.bbc.co.uk/news/uk-51734855>

**University of Reading and University of Oxford**

- “Supporting children and young people with worries about COVID-19”
- Includes advice and resources from the best links into one place as well as tips on how to help your children manage during this difficult time
- Link: [https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19\\_advice-for-parents-and-carers\\_20.3\\_.pdf](https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf)

**Emerging Minds:**

- “How can we best support children and young people with their worries and anxiety?”
  - Provides evidence-based advice for anyone supporting children and young people with their worries
  - Link: <https://emergingminds.org.uk/supporting-children-and-young-people-with-worries-and-anxiety-coronavirus/>
- “How can we best support children and young people with their worries and anxiety: recommended resources”
  - Provides links from trusted sources that are grouped by age category to help you find age-appropriate information for your child
  - Link: <https://emergingminds.org.uk/recommended-resources-supporting-children-and-young-people-with-worries-and-anxiety-links/>



**Children's Commissioner:** Advice for parents on the Coronavirus and its potential effects on children and young people



- Link: <https://www.childrenscommissioner.gov.uk/2020/03/17/supporting-children-during-the-coronavirus-outbreak/>



**Anna Freud Centre:** provides advice for parents and carers on what to do to support young people's mental health in a period of disruption

- Includes general information and videos
- Link: <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>



**Child Mind Institute:** website dedicated to child mental health and awareness

- Webpage for "Supporting families during COVID-19" <https://childmind.org/coping-during-covid-19-resources-for-parents/>
  - Contains tips on coping with the crisis and protecting children at home, how to support teenagers and young adults, self-care during the pandemic, how mindfulness can help, how to talk to your kids about COVID-19, managing anxiety etc.
- Webpage for "Talking to kids about the coronavirus" <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>



**Facebook support group:** Family Lockdown tips and idea

This is a group has been set up to provide support, tips and ideas if you are at home with your family in light of the Coronavirus.

- They post ideas and suggestions for indoor and garden activities that you can do with your children
- It is a private group that you need to join
- Link: <https://www.facebook.com/groups/871176893326326/>



**NanoGirl Live:** this webpage contains coronavirus resources for children and parents

- This includes videos on how to explain Coronavirus to children and help them understand their role in reducing the spread as well as an easy science experiment that can be done at home to teach them the science behind why washing hands with soap and water is important
- Link: <https://www.nanogirllive.co.nz/coronavirus-soap-experiment>



**The Royal College of Occupational Therapists:** Guidance for social distancing for parents

- Link: <https://www.rcot.co.uk/staying-well-when-social-distancing>

## YOUNGMINDS

**Young Minds:** How to talk to your child about coronavirus—10 tips from their parent’s helpline

- Link: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

## Aha! Parenting

### Aha! Parenting

- “What to say to your child about the Coronavirus-and how to cope as a parent”
- This is a blog post with important information about how to tell your children with tips, tricks, and videos
- Link: [https://www.ahaparenting.com/blog/talking-with-children-about-the-coronavirus?fbclid=IwAR1Bq616qV-\\_fg76yX0ZRaLLNT2XOwZH-XCT0ZaZ7ke8TPBGziysgU4BaTM](https://www.ahaparenting.com/blog/talking-with-children-about-the-coronavirus?fbclid=IwAR1Bq616qV-_fg76yX0ZRaLLNT2XOwZH-XCT0ZaZ7ke8TPBGziysgU4BaTM)

### healthline

**Healthline:** “How to talk to your kids about the COVID-19 outbreak”

- More information regarding to how go about explaining the outbreak to your children
- Link: <https://www.healthline.com/health-news/how-to-talk-to-kids-about-the-coronavirus#Make-sure-you-understand-the-risks>

**Celebrity classes:** alternative classes run by celebrities to offer you and your kids free daily help with their education while schools are closed.

- 9:00am: PE with Joe Wicks [https://youtu.be/6v-a\\_dpwhro](https://youtu.be/6v-a_dpwhro)
- 10:00am: Math with Carol Vorderman [www.themathsfactor.com](http://www.themathsfactor.com)
- 11:00am: English with David Walliams <https://www.worldofdavidwalliams.com/elevenses>
- 12:00pm: Lunch (cooking with Jamie Oliver) <https://www.jaimieoliver.com/features/category/get-kids-cooking/>
- 1:00pm: Music with Myleene Klass <https://twitter.com/diversedancemix/status/1241098264373592065>
- 2:00pm: History with Dan Snow (free for 30-days) <https://tv.historyhit.com/signup/package>
- 4:00pm: Home economics with Theo Michael (Mon/Wed/Fri) <https://www.instagram.com/theocooks>

**Support with education and childcare at home (info from Tower Hamlet’s)**

- Department of education COVID-19 helpline: 0800 046 8687 (8am-6pm Mon-Fri and 10am-4pm Sat-Sun)
- Also contains list of resources and useful links related to education
- Link: [https://www.towerhamlets.gov.uk/ignl/health\\_\\_social\\_care/health\\_and\\_medical\\_advice/Coronavirus/Schools/Support\\_with\\_education\\_at\\_home.aspx](https://www.towerhamlets.gov.uk/ignl/health__social_care/health_and_medical_advice/Coronavirus/Schools/Support_with_education_at_home.aspx)



**Safe Hands Thinking Minds:** draws on a range of interdisciplinary expertise, theoretical perspectives and evidence bases to promote, solidify, and develop high standards in the areas of parenting, trauma, adversity, attachment, fostering, adoption and many more.

- Deliver specialist and tailor-made psychological and therapeutic training, workshops, and consultancy to carers and parents
- Contains resources to support children and adults around anxiety, worry stress and fears relating to COVID-19 with some videos by Dr. Karen Treisman to support relaxation and emotional regulation.
- Link: <http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links/>



**British Psychological Society:** parenting young babies whilst self-isolating and social distancing

- Helpful advice for parents and carers dealing with new babies and young children during this situation
- [https://www.bps.org.uk/blogs/guest/parenting-young-babies-whilst-self-isolating-and-social-distancing?utm\\_source=BPS\\_Lyris\\_email&utm\\_medium=email&utm\\_campaign=](https://www.bps.org.uk/blogs/guest/parenting-young-babies-whilst-self-isolating-and-social-distancing?utm_source=BPS_Lyris_email&utm_medium=email&utm_campaign=)



**London Borough of Redbridge:** Educational Psychology Service (EPS)

- Have dedicated phone helpline for parents/carers to receive advice and guidance from professional psychologists
- Available for all parents and carers-your child does not need to know known the EPS and does not need to have special educational needs or additional support within school
- Phone: 07741331009
- Opening hours: Mon-Fri from 9am-5pm and Wed evenings from 5:30-7:30pm



**Anna Freud Centre: Mental health and the coronavirus research bites**

- A webpage aimed at providing parents and carers research studies that have been or are being conducted on some topical issues to help you support your children and young people
- Link: <https://www.annafreud.org/what-we-do/anna-freud-learning-network/ebpu-research-bite-no1/>

## REDBRIDGE SPECIFIC

**Redbridge Joins Together:** a Facebook group backed by the Redbridge council to support the borough's community through COVID-19

- This network of people serves to harness positive action in the community to help those in Redbridge look out for one another and offer support for the vulnerable
- Join via <https://www.facebook.com/groups/redbridgejoinstogether/>

**London Borough of Redbridge:** publishes regular updates for Redbridge residents on the COVID-19 situation and what is being done around the borough.

- Link: <https://www.redbridge.gov.uk/blog/redbridge-leaders-blog/leaders-blog-posts/covid-19-update/>

**Redbridge COVID-19 Mutual Aid:** coordinates support across the borough to those in self-isolation, the elderly, and the vulnerable

- Offers help request, volunteer opportunities, and more links and resources
- Link: <https://redbridgemutualaid.wixsite.com/covid19/requests>

**Good Sam:** a link to request request a volunteer to help vulnerable clients who are unable to leave their homes with shopping, collecting medication, etc.

- Link: <https://www.goodsamapp.org/NHSreferral>

## USEFUL VIDEOS

- **ACAMH podcast** by Dr. Jon Goldin on the coronavirus and child mental health [https://www.acamh.org/podcasts/dr-jon-goldin-on-the-coronavirus-and-child-mental-health/?utm\\_content=bufferb4432&utm\\_medium=social&utm\\_source=facebook.com&utm\\_campaign=buffer](https://www.acamh.org/podcasts/dr-jon-goldin-on-the-coronavirus-and-child-mental-health/?utm_content=bufferb4432&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer)
- **NHS** "How to teach your children how hand washing helps prevent Coronavirus and other infectious diseases spreading" <https://www.youtube.com/watch?v=2eqhw6yZk-c>
- **Child Mind Institute** "How to talk to kids about Coronavirus" <https://www.youtube.com/watch?v=WhVad8ToCIU>
- **Go Zen:** 4 expert videos on how to "help kids manage anxiety around the Coronavirus" <https://gozen.com/coronavirus-anxiety/>
- **NHS:** Supporting neuro-diverse children in challenging times such as during self-isolation <https://www.youtube.com/watch?v=dXPtqmHKNoE&feature=youtu.be>

## USEFUL BOOKS

### **Coronavirus: A book for children** by Nosy Crow

- Digital illustrated book for primary school age children that is free to access about COVID-19 and the measures taken to control it
- It is written in simple language that can help explain the current situation to your children
- Link: <https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

### **When someone dies from coronavirus: A guide for family and carers** by Irene Tuffrey-Wijne and Sheila Hollins

- Free downloadable resource
- Link: <https://booksbeyondwords.co.uk/downloads-shop/when-someone-dies-from-coronavirus>

## DEALING WITH BEREAVEMENT FROM COVID-19



### **Cruse Bereavement Care**

- They have a webpage for dealing with bereavement and grief from the Coronavirus
- Likewise have a page dedicated to children and young people with tips for parents and carers on how to help their children grieve
- Link to COVID-19 webpage: <https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>
- Link to COVID-19 webpage for children: <https://www.cruse.org.uk/coronavirus/children-and-young-people>



### **Child Bereavement UK**

- Online guide on how to support bereaved children through difficult times
- Helpline: 0800 02 888 40
- Link: [http://lbforum.org.uk/wp-content/uploads/2020/03/Supporting\\_bereaved\\_children\\_through\\_difficult\\_times\\_CBUK.pdf](http://lbforum.org.uk/wp-content/uploads/2020/03/Supporting_bereaved_children_through_difficult_times_CBUK.pdf)

### **Bereavement guide: How other people can help**

- Link: <https://www.careforthefamily.org.uk/wp-content/uploads/2014/05/Bereavement-How-other-people-can-help.pdf>



### **Sudden**

- Contains a webpage for COVID-19 bereavement with links regarding...
  - If you have been bereaved

- If you are caring for a bereaved person
- Advice on memorializing when gatherings are restricted
- **Link:** <http://www.suddendeath.org/covid-19-bereavement>

**More information on bereavement:** <http://lbforum.org.uk/news-and-events/covid-19-useful-bereavement-links-and-resources/>

## RESOURCES FOR SCHOOLS



**British Psychological Society:** “Advice to schools, parents and carers to help children through the uncertainty of school closures”

- Outside CAMHS hours you have the 24-hour crisis line, Mental Health Direct
- Contains tips published by the British Psychological Society’s Division of Educational and Child Psychology to help schools that are dealing with closure
- Link: <https://www.bps.org.uk/news-and-policy/bps-offers-advice-schools-parents-and-carers-help-children-through-uncertainty>



**Anna Freud Centre:** contains a section for how schools can support the wellbeing and mental health of children and young people during this period of disruption

- Link: <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>
- They also have an online guide for supporting schools and colleges: <https://www.annafreud.org/media/11160/supporting-schools-and-colleges.pdf>
- Online guide for supporting staff wellbeing: <https://www.annafreud.org/media/7653/3rdanna-freud-booklet-staff-wellbeing-web-pdf-21-june.pdf>



**Mindfulness in Schools Project:** provides daily practice of mindfulness online with drop-in sessions that are intended to nourish, support, and connect us with each other through these unprecedented time

- Sessions take place Mon-Fri at 11:00am as well as Tue-Thur at 7:30pm
  - The sessions last 20-30 minutes
  - The sessions are accessed via Zoom: an online platform that allows us to see and hear each other with a training team member that can guide you through a practice and channel any discussion that will follow
- Link: <https://mindfulnessinschools.org/misp-sit-together/>

- Information about mindfulness in schools”  
<https://mindfulnessinschools.org/mindfulness-in-education/>



### Anna Freud Centre: Schools in Mind

- Free network for school staff and allied professionals which shares practical, academic, and clinical expertise regarding the wellbeing and mental health issues that affect schools
- Over the next 12 weeks they will focused on
  - Supporting the most vulnerable children and young people
  - Helping children and young people manage anxiety
  - Managing abrupt endings and transitions
- They will also be holding a live Q&A session ever fortnight on Facebook:  
[https://www.facebook.com/AFNCCF/?\\_\\_tn\\_\\_=%2CdkC-R&eid=ARDXTjCxsKfIPuAmfL2LgyV0sp2OiP942-eWFqfSx2mzBiKiMzoeOLv3tm-NjiKQOVMFraLPI-E-IIHI&hc\\_ref=ARQl0tqlbDLv0xpg7HoccacdS3piYSsQUbxztISG5iyR0bIDUuM\\_iHuYKRtzLWUQ\\_00](https://www.facebook.com/AFNCCF/?__tn__=%2CdkC-R&eid=ARDXTjCxsKfIPuAmfL2LgyV0sp2OiP942-eWFqfSx2mzBiKiMzoeOLv3tm-NjiKQOVMFraLPI-E-IIHI&hc_ref=ARQl0tqlbDLv0xpg7HoccacdS3piYSsQUbxztISG5iyR0bIDUuM_iHuYKRtzLWUQ_00)
- Their latest resource created on “Supporting the most vulnerable children and young people” can be found in this link: <https://www.annafreud.org/media/11322/supporting-the-most-vulnerable-children-and-young-people-interactive-160420.pdf>
- Link: <https://www.annafreud.org/what-we-do/schools-in-mind/>

## IN CASE OF EMERGENCIES

Outside CAMHS hours you have the **24-hour crisis line, Mental Health Direct**

- Manned evenings, overnight, weekends, and bank holidays by mental health nurses are available who can access our notes to provide the best advice and support at these times: **0300 555 1000**.

For immediate **life-threatening emergency, unable to keep yourself or others safe or very risky/dangerous situation**

- You may still need to attend **A&E or call an ambulance and/or the Police on: 999**.

## RESEARCH STUDIES TO TAKE PART IN

**Covid-19 Social Study:** interested in the effects of self-isolation

- 15-minute survey and a 10-minute follow-up survey once a week during self-isolation period
- Run by University College London (UCL)

- For people over the age of 18 living in the UK and is completely voluntary (you do not have to take part if you don't want to)
- More information: <https://redcap.idhs.ucl.ac.uk/surveys/?s=TTXKND8JMK>

**Co-Space Study**

- Survey about school-aged children (4-16) who are living in the UK
- Aims to understand how families cope during covid-19 and what parents can do to help support their children's mental health
- More information:  
[https://oxfordxpsy.az1.qualtrics.com/jfe/form/SV\\_3VO130LTKOcloMd](https://oxfordxpsy.az1.qualtrics.com/jfe/form/SV_3VO130LTKOcloMd)