

Advice and Guidance on Emotional Wellbeing Whilst In Self-Isolation (Children, Young People and Adults)

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>
- 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/>
- Anxiety UK advice on how to talk to children about coronavirus: <https://www.anxietyuk.org.uk/blog/how-to-talk-to-children-about-covid-19/>
- Quartz advice from a therapist: <https://qz.com/1823522/how-to-help-pre-teen-kids-in-a-coronavirus-lockdown/amp/>

Supporting children and young people:

- Supporting children and young peoples' mental health advice: <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- NSPCC, Mental health and parenting: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>

Supporting yourself and your family:

- How to support your mental health whilst working from home by Mental Health First Aid England: <https://mhfaengland.org/>
- For your mind health get 'your mind plan' quiz, get 'your physical health quiz', plus NHS endorsed Apps: <https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>
- Mental health explained by the organisation Mind: <https://www.mind.org.uk/information-support/a-z-mental-health/>
- Time to Change website & signposting to other websites: <https://www.time-to-change.org.uk/coronavirus>
- How to support someone experiencing mental health difficulties by the Mental Health Foundation: <https://www.mentalhealth.org.uk/publications/supporting-someone-mental-health-problem>
- That discomfort you're feeling is feeling is grief- by Scott Berinato <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?sfns=mo>
- Helping your friends and family 12 things to try when a loved one is struggling by Scottish Association for Mental Health (SAMH): https://www.samh.org.uk/documents/looking_after_friends_and_family_factsheet.pdf
- 16+ self-help CBT online course by Moodgym (advocated from SAMHs document above): <https://moodgym.com.au/info/faq>

- 24/7 safe community to support your mental health by Big White Wall: <https://www.bigwhitewall.com/>
- Course for learning and practicing mindfulness by Be Mindful Online: <https://www.bemindfulonline.com/>
- Parental mental health: How to help children living with parents with mental health problems by NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/child-protection-system/parental-mental-health/>
- Parenting with mental health challenges by Mind: <https://www.mind.org.uk/information-support/tips-for-everyday-living/parenting-with-a-mental-health-problem/parenting-and-mental-health/>
- Young Minds for parents: <https://youngminds.org.uk/find-help/for-parents/>
- Parenting with mental health illness by Young Minds: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-parental-mental-illness/>
- Activities for families whilst in self-isolation by Home Start: <https://www.home-start.org.uk/news/activities-for-families-during-self-isolation>
- Parent helpline and online counselling by Relate: <https://www.relate.org.uk/relationship-help/talk-%20someone>
- NHS mental wellbeing audio guides: <https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>
- Mental Health Foundation Podcasts: <https://www.mentalhealth.org.uk/search/?query=podcasts&op=Search>
- Obsessive Compulsive Disorder - OCD UK: <https://www.ocduk.org/>