**Wellbeing support for families during this period of uncertainty**

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| A toolkbox of activities such as breathing exercises, coping videos, yoga videos and games that can help children feel calm in a period of disruption.  <https://www.childline.org.uk/toolbox/calm-zone/> |
| Supporting parents and carers video - the Anna Freud Centre  This video provides guidance to parents and carers about how they can support themselves and their children during any disruption caused by the coronavirus.  <https://www.youtube.com/watch?v=ZnANLAcpRZ4&feature=youtu.be> |
| Helpful information to answer children’s questions about coronavirus - Place2Be​  <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/> |
| Talking to your child about the coronavirus - YoungMinds  <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/> |
| Coronavirus and your wellbeing - Mind  <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse842d2> |
| Advice from YoungMinds for parents  <https://youngminds.org.uk/media/3695/how-to-support-your-child_corona.pdf> |
| Advice aimed at young people, but useful for parents.  <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/> |
| **YoungMinds** [**Parents Helpline:**](https://youngminds.us7.list-manage.com/track/click?u=5c889624b166d3d24a24424d4&id=9f1c6cc5a9&e=9cd8383588) If you are a parent who needs advice about your child’s mental health you can contact the Parents Helpline directly on 0808 802 between 9:30am-4pm.   [**YoungMinds Crisis Messenger:**](https://youngminds.us7.list-manage.com/track/click?u=5c889624b166d3d24a24424d4&id=9c5839f923&e=9cd8383588) If you are a young person experiencing a mental health crisis you can text YM to 85258 for free 24/7 support. |