

## Mental health/Wellbeing

Greater Good's Guide to Well-Being During Coronavirus:

[https://greatergood.berkeley.edu/article/item/greater\\_good\\_guide\\_to\\_well\\_being\\_during\\_coronavirus](https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus)

<https://thepsychologist.bps.org.uk/volume-33/april-2020/coronavirus-psychological-perspectives>

[https://www.mhe-sme.org/covid-19/?fbclid=IwARosdgVfnBjbhFQcOXYmGj29jgYeM\\_zWSUTo\\_IPS\\_ICyd22gIloE29VvRQ](https://www.mhe-sme.org/covid-19/?fbclid=IwARosdgVfnBjbhFQcOXYmGj29jgYeM_zWSUTo_IPS_ICyd22gIloE29VvRQ)

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>

<http://www.bimblings.co.uk/2020/03/15/inside-a-guide/?fbclid=IwARolj5FSfCeBRBR82tMUiULzld8FBTclecfDfdNV4lH7Y7qAcm24CwRnPOA>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.bbc.co.uk/news/health-51873799>

<https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html>

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30460-8/fulltext?fbclid=IwARoSfV3s5OOcx\\_m1OfUgr3dhRbMPPmUQD3llyxAEImP-AtOsFkmAnjh\\_UPI](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30460-8/fulltext?fbclid=IwARoSfV3s5OOcx_m1OfUgr3dhRbMPPmUQD3llyxAEImP-AtOsFkmAnjh_UPI)

<https://www.ics.ac.uk/ICS/Education/Wellbeing/ICS/Wellbeing.aspx?hkey=92348f51-a875-4d87-8ae4-245707878a5c&fbclid=IwAR1aIplAPwnHuUEV4EsbA4rRpZWqE8Wv-LYXEMqnh5KKogD1hgM6LzGq8XA>

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

<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>

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

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>  
Mind.org.uk info on 'Coronavirus and your wellbeing'

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

List of the most common mental health helplines

For professionals:

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

Mental Health and Psychosocial Considerations during COVID-19 Outbreak (12 March 2020)

<https://interagencystandingcommittee.org/system/files/2020-03/MHPSS%20COVID19%20Briefing%20Note%202%20March%202020-English.pdf>

Briefing note on addressing mental health and psychosocial aspects of COVID-19 Outbreak Version 1.1 (Inter-Agency Standing Committee IASC Reference group for Mental Health and Psychosocial Support in Emergency Settings) February 2020

## Audio/Video

<https://jackkornfield.com/steady-heart/>

<https://jackkornfield.com/compassion-in-the-time-of-coronavirus/>

<https://www.offtheclockpsych.com/podcast/covid-19-anxiety-cultivating-safeness>

<https://www.headspace.com/covid-19>

These are part of a larger collection in the Headspace app — free for everyone — called ‘Weathering the storm’. It includes meditations, sleep, and movement exercises.

ARISE - Practical Advice on COVID 19 -

[https://www.youtube.com/watch?v=nNM9pMTGr6M&feature=youtu.be&fbclid=IwAR2KQnvDMlogor3SI8s4wfy2PPacCZoVyGPaEcrM89eBHSX\\_VOGbkV1HvqE](https://www.youtube.com/watch?v=nNM9pMTGr6M&feature=youtu.be&fbclid=IwAR2KQnvDMlogor3SI8s4wfy2PPacCZoVyGPaEcrM89eBHSX_VOGbkV1HvqE)

## Easy Read & Child Friendly

<https://www.tes.com/teaching-resource/child-friendly-explanation-of-coronavirus-by-manuela-molina-12267168?fbclid=IwAR3oOldeKpwGNSFynZ3qprt1HQUv9OoseKd5xdioUjHRAmLGrIRIaFRwOx4>

[12267168?fbclid=IwAR3oOldeKpwGNSFynZ3qprt1HQUv9OoseKd5xdioUjHRAmLGrIRIaFRwOx4](https://www.tes.com/teaching-resource/child-friendly-explanation-of-coronavirus-by-manuela-molina-12267168?fbclid=IwAR3oOldeKpwGNSFynZ3qprt1HQUv9OoseKd5xdioUjHRAmLGrIRIaFRwOx4)

<https://www.youtube.com/watch?v=oMHacLHchlo&feature=youtu.be&fbclid=IwAR3oOldeKpwGNSFynZ3qprt1HQUv9OoseKd5xdioUjHRAmLGrIRIaFRwOx4>

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

Hints and tips from Liverpool CAMHS <https://wakelet.com/wa.../564d7bc8-4bc9-462f-a9e1-2debo315oc3f>

National Autistic Society – guidance and helpline for parents’, young people and staff:

[https://www.autism.org.uk/services/nas-](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.asp)

[schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.asp](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.asp)

Mencap – Easy Read guide to Coronavirus:

<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>

Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

Young Minds – Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Carers UK – Guidance for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: <https://www.mindheart.co/descargables>

Amaze – information pack for parents <https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>

Public Health England have produced an easy read version of their Advice on the coronavirus for places of education. <https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf>

Resources to support families in the context of coronavirus:  
[https://padlet.com/f\\_williams3/lifetime](https://padlet.com/f_williams3/lifetime)

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

Self care and mental health coping strategies for young people.

Aphasia friendly video - <https://cloudstor.aarnet.edu.au/plus/s/XcGoleBlvalUfKW>

## Parent Information

[Separated parents managing arrangements to see their child](#)

[Supporting teens to cope with lockdown](#)

[Looking after their mental health while stuck indoors](#)

[Starting difficult conversations about COVID-19 with their child](#)

## Other

[https://padlet.com/f\\_williams3/lifetime](https://padlet.com/f_williams3/lifetime)

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