



NSPCC Resources to share with parents and carers

Depression, anxiety and mental health

The NSPCC has put together advice for parents and carers about how to help children who may be struggling with depression or anxiety during the coronavirus (COVID-19) pandemic. Information includes signs of depression and anxiety and what parents and carers can do to help a child or young person who may be struggling.

> [See the NSPCC website for advice on depression, anxiety and mental health](#)

Self-harm

This resource on the main NSPCC website provides information on why children and young people self-harm, how parents and carers can identify signs and how to support children who might be affected.

> [Get more information about self-harm on the NSPCC website](#)

COVID-19: guidance on supporting children and young people's mental health and wellbeing

Public Health England (PHE) has released new guidance for parents and carers on how to support the mental health of children and young people during the coronavirus outbreak. Although this is published by PHE the guidance it provides might be helpful for people living in other nations.

Information includes:

- helping children [cope with stress](#)
- supporting children who are accessing mental health services
- supporting children with [additional needs and disabilities](#)
- children who care for others
- [bullying](#).

> [Share the new guidance with parents and carers](#)

NSPCC Helpline

If you need advice and support about a child, or if you are concerned about a child's wellbeing, talk to us. It's free and you don't have to say who you are.

Call [0808 800 5000](tel:08088005000), email help@nspcc.org.uk or visit nspcc.org.uk/helpline.