



NSPCC Resources for people who work or volunteer with children

Child mental health

Our new information about child mental health can help you recognise and respond to concerns. It includes information on:

- risk and vulnerability factors for mental health problems
- identifying mental health difficulties
- how to talk to children and young people about their mental health
- where children and young people can get support
- types of mental health issues.

[> Read more about child mental health](#)

How to have difficult conversations with children

You may need to talk to children and young people about difficult or sensitive topics, for example their mental health difficulties, coronavirus or serious illness and death. This page can help you prepare for a challenging conversation and provides guidance on how you can discuss difficult topics in a sensitive and supportive way.

[> Get advice on how to prepare for a difficult conversation](#)

What children and young people are saying to Childline about coronavirus

We've produced a new briefing on what children are talking to [Childline](#) about in relation to coronavirus. This will help you understand how children are being affected, their main concerns and what support they might need.

[> View the briefing](#)

Supporting children and young people with worries about COVID-19

Emerging Minds, a research network that we're a part of, has published evidence-based advice on how to talk about and respond to children and young people's worries and



Haileybury

anxieties about coronavirus. It includes advice on how to talk them in a supportive way and links to helpful resources grouped by age category.

> [Take a look at the advice by Emerging Minds](#)

Reading list for children who are worried or anxious

The [NSPCC Library](#) and [Information Service](#) has created a reading list of books that you can share and use with children who may be feeling worried or anxious.

> [View the reading list](#)

Child protection newsletters

You can keep up to date on the most recent guidance during the coronavirus pandemic by subscribing to our newsletters.

> [Sign up to CASPAR](#)

> [Sign up to the NSPCC Learning newsletter](#)

Information service

Our free information service is still open, helping professionals find the resources they need to keep children safe.

> [Find out how to contact us](#)

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.