



## **NSPCC Resources for children and young people**

<https://learning.nspcc.org.uk/news/2020/april/supporting-children-young-people-mental-health>  
[h](#)

Childline have a variety of resources on their website that children and young people can access. They also provide **free confidential support** through online chat, phone or email where young people can speak to counsellors about any concerns or issues.

### **Worries about the world: coronavirus**

Childline has a dedicated coronavirus page which provides:

- information about coronavirus using age-appropriate language
- tips on how to cope during social distancing measures
- advice on how to cope with anxiety
- details of where children can go for help and support.

> [Share this with children and young people you work or volunteer with](#)

### **Dealing with loss and bereavement**

Helpful information and advice on loss and bereavement such as:

- how to cope when someone dies
- the range of emotions children may feel
- saying goodbye
- and who to talk to.

> [Advice for children who may be dealing with loss and bereavement](#)

### **Saying goodbye to friends or school**

Information on saying goodbye to friends or school for children who have suddenly had to finish early due to coronavirus.

> [Advice for children who finished school early](#)



## **Coping if you feel unsafe at home**

Explores what children can do if they're feeling unsafe at home or are experiencing abuse during school closures and social distancing.

> [Share this with any child who feels unsafe at home](#)

## **Exam results**

Guidance on how to deal with worrying about results as many exams have been cancelled this year due to coronavirus or results may be based on work throughout the year. Includes next steps after receiving results and telling parents about results.

> [Advice and reassurance for young people about exam results](#)

## **Online tools**

Childline's provides online tools that children and young people may find helpful:

- [Calm Zone](#) - activities to let go of stress
- [games](#) to take your mind off things
- [information and advice](#) on topics from feelings, relationships, family and schools
- [peer support message boards](#)
- [Childline Kids](#), our website for under 12s