

List of Online Education Resources and Support on Mental Wellbeing during disruption due to the Coronavirus – updated 23/4/20

This list of mental wellbeing resources is designed to provide guidance for staff on how to support the wellbeing of children and young people being educated remotely as well as information for parents and direct support for the children and young people themselves.

The Anna Freud Centre for Children and Families

Advice for young people, schools and parents on supporting young people's mental health in times of disruption

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Mentally Healthy Schools (Anna Freud Centre)

The Anna Freud Centre has also published a range of specific resources for primary schools to help support the mental health of children, young people, school staff and parents. The third toolkit in the series has just been released. You can find them here:

Coronavirus: Resources for mental health and wellbeing

Toolkit 1

- a booklet to support schools
- videos to provide practical guidance and tips to schools, parents and carers about coronavirus (COVID-19) and mental health
- activities to ease anxiety that can be done at school or at home and other helpful advice, helplines and resources for adults and children.

<https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing-toolkit-1/>

Toolkit 2

- resources for staff wellbeing
- resources to help children with SEND and
- responding to the unique challenges that may arise for vulnerable children

<https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing-toolkit-2/>

Toolkit 3

- resources for school staff, as well as parents, to use with vulnerable children or children with SEND,
- a resource from Stonewall for the LGBTQ+ community, and
- a resource pack for staff wellbeing and practical activities for adults and children to help stay mentally well during this time.

<https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing-toolkit-3/>

British Psychological Society (BPS)

Advice on dealing with school closures and talking to children about COVID-19.

<https://www.bps.org.uk/news-and-policy/bps-offers-advice-schools-parents-and-carers-help-children-through-uncertainty>

Children's Commissioner

A downloadable guide for children about coronavirus.

<https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

MindEd

An educational resource for all adults on children and young people's mental health

<https://www.minded.org.uk/>

The Child Bereavement Network

Advice on supporting grieving children during the coronavirus outbreak.

<http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx>

Young Minds

Advice for young people who are self-isolating

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

Talking to Children about coronavirus

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/#ten-tips-from-our-parents-helpline>

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

Place2Be

Supporting children during the pandemic

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

Childline

Advice for children and young people about their feelings during the pandemic

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Advice for children and young people on ways to feel calmer

<https://www.childline.org.uk/toolbox/calm-zone/>

NSPCC

Resources to support parents and carers during this difficult time. Topics include:

- Talking to a child worried about coronavirus
- Parents working from home
- Children staying home alone
- Lockdown and separated parents
- How to cope with tantrums and other difficult behaviour

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

PSHE Association

Advice on talking to young people during challenging times

<https://www.pshe-association.org.uk/news/supporting-you-and-your-pupils-challenging-times>

Mental Health resources on teaching about mental health
(newly adapted for home learning)

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-emotional-wellbeing-%E2%80%94-home-learning>

BBC Bitesize

Support and information for children

<https://www.bbc.co.uk/bitesize/support>

The National College

Free webinar 'Self-Isolation and Mental Health: Practical Strategies for Managing and Supporting Staff and Pupil Wellbeing'

<https://thenationalcollege.co.uk/webinars/self-isolation-and-mental-health-practical-strategies-for-managing-and-supporting-staff-and-pupil-wellbeing>

Partnership for Children

Free activities to boost a child's wellbeing during the Covid-19 lockdown – for primary aged children

<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>