



## WELL BEING SUPPORT FOR CHILDREN AND ADULTS

The information in this section aims to provide families with support and guidance for their well-being at this difficult time. We hope families find them useful.

**CAMHS** (Child and Adolescent Mental Health Service). This site contains lots of helpful resources from across the internet. It covers mental health and wellbeing, along with a section on Coronavirus: <https://www.camhs-resources.co.uk/>

**Story for children**, there is a free digital information book for primary children to help explain the coronavirus and the measures taken to control it. It answers questions in a child-friendly way, and aims to both inform and reassure: <https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

**Anna Freud National Centre for Children and Families** is a children's mental health charity with over 60 years of experience. Their website offers advice for both young people and parents with useful questions and answers. *Good Days in Unusual Times* is a useful online booklet to share with children about their feelings: <https://www.annafreud.org/coronavirus/>

**Guidance from the Department of Education** about supporting children and also looking after your own feelings and wellbeing can be found here: <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

**Guidance from the NHS** with expert advice and practical tips to look after all aspects of mental health and wellbeing can be found here: <https://www.nhs.uk/oneyou/every-mind-matters/>

**Mental Health First Aid England, My Whole Self** is a new downloadable guide on supporting your mental health whilst working from home: <https://mhfaengland.org/my-whole-self/>

**World Health Organisation, Doing What Matters in Times of Stress: An Illustrated Guide** is a stress management guide. The guide aims to equip people with practical skills to help cope with stress. A few minutes each day are enough to practice the self-help techniques. The guide can be used alone or with the accompanying audio exercises. Informed by evidence and extensive field testing, the guide is for anyone who experiences stress, wherever they live and whatever their circumstances. <https://www.who.int/publications-detail/9789240003927>

**Mind**, the mental health charity has a range of practical advice and guidance for both adults and children: <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

**Action for Happiness** provides a monthly calendar to help you cope during the coronavirus crisis: <https://www.actionforhappiness.org/calendars>