

Here are some useful resources to help with mental health and wellbeing



- **[Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus \(COVID-19\) outbreak](#)**
This is the official government guidance by Public Health England. There is lots of useful information in here.
- **[NHS Every Mind Matters website](#)**
Expert advice and practical tips to help adults and children look after their mental health and wellbeing
- **[NHS Change For Life](#)**
Practical tips to stay active indoors and eat healthily, with easy meal and snack recipes
- **[MindUp website](#)**
An activities page for families that has been created to help bring mindful, positive and happy moments into the home. Doing MindUP™ activities and practices together will support wellbeing and help encourage a calmer, happier and more optimistic home.
- **[Anna Freud Centre website](#)**
Resources for children and young people, parents and carers, and staff in schools and colleges.
- **[Childline Calm box](#)**
Activities for children to help them with being calm
- **[NSPCC Coronavirus advice and support for parents and carers](#)**
Advice on talking to children about the virus, working from home, how to cope with tantrums and online safety.
- **[Child and Adolescent Mental Health Services \(CAMHS\)](#)**
Resources designed to help cope with such stress and uncertainty at this time.