

Mental Health and Wellbeing

The coronavirus outbreak means that life is changing for all of us for a while. It may cause you to feel anxious, stressed, worried, sad, bored, lonely or frustrated. It is important to remember it is OK to feel this way and that everyone reacts differently.

There is a vast amount of advice and information available to support both adults and children's mental health and wellbeing. We have selected some of the most helpful links and websites to share with you. We hope you find them helpful!

Organisations and Helplines

The following two websites provide contact details for organisations which offer support if you feel you are struggling with your mental health and wellbeing.

<https://www.mind.org.uk/information-support/helplines/> Mind also now offer a text service.

<https://www.time-to-change.org.uk/what-are-mental-health-problems/mental-health-help-you/other-useful-organisations>

Tools to support family life

The following websites provide support to families and give some lovely ideas for looking after your child's wellbeing.

<https://www.childnet.com/blog/family-agreement> A practical resource to start and support positive family conversations around safe and responsible internet use, and to agree clear expectations and boundaries.

<https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc.id=Brand&gclid=EAlalQobChMI0cervqb56AIVGOh3Ch31AQZKEAAYASA AEgK93fD BwE> **Every Mind Matters** - This is a really useful website. It offers support for parents and gives advice on how to help and support anxious children too.

<https://www.place2be.org.uk/coronavirus> This website provides ways to support children who are feeling worried. It includes Lots of lovely wellbeing ideas.

<https://www.mindheart.co/descargables> Interactive book for children.