



## **Well-being**

The Coronavirus (Covid-19) has brought huge change and challenges to ours and our loved one's daily lives over a short period of time. With such rapid change it is understandable that at times we may all have feelings of uncertainty and worry.

To support you to find a way to navigate our new world, and guide those close to you, we have attached below links to documents which provide you with information about Covid-19, and a toolkit of resources to help you care for your well-being and those around you. We hope you find it useful.

Please remember we are always here for you.



### **Some useful links:**

#### Understanding Covid-19

- NHS advice: <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- Child-friendly explanation of Coronavirus for Primary age students: [https://660919d3-b85b-43c3-a3ad-e6a9d37099.filesusr.com/ugd/64c685\\_319c5acf38d34604b537ac9fae37fc80.pdf](https://660919d3-b85b-43c3-a3ad-e6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf)
- Information video on Coronavirus for older children/adults, by WHO: <https://www.youtube.com/watch?v=mOV1aBVYKGA&feature=youtu.be>

#### Supporting your well-being

- Every Mind Matters: <https://www.nhs.uk/oneyou/every-mind-matters/>
- NHS mental health and well-being: <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- 5 ways to well-being, by Mindkit: <https://www.mindkit.org.uk/5-ways-to-wellbeing/>
- Guardian article re. Free therapy: <https://www.theguardian.com/world/2020/mar/18/coronavirus-online-therapy-service-to-offer-free-sessions-across-uk-self-isolating>

## Discussing Covid-19 with children and supporting their well-being

**YOUNGMINDS**

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

**childline**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

Child line (Games and advice for handling emotions.)

<https://www.childline.org.uk/toolbox/>



News round <https://www.bbc.co.uk/newsround/52018134>



Cosmic Kids - meditation and mindfulness:

<https://www.cosmickids.com/mindfulness-meditation-videos-kids/>

**For teenagers**



<https://stem4.org.uk>



<http://teenmentalhealth.org/>