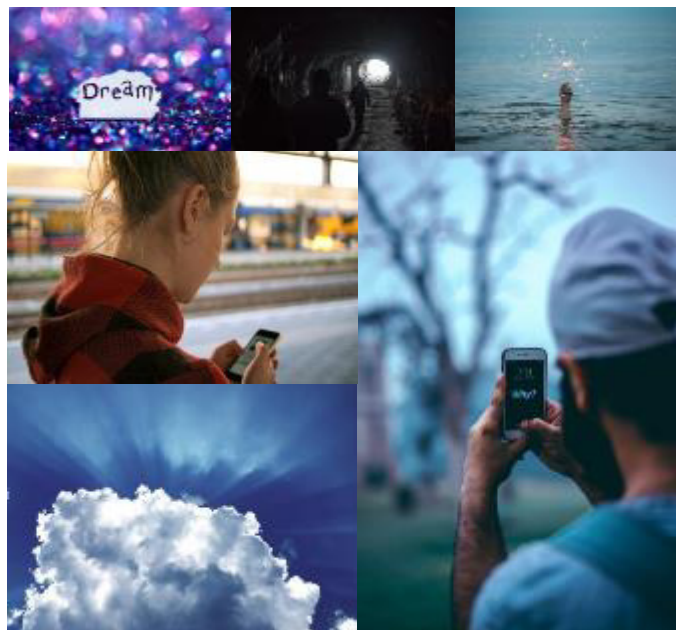


**BHR CAMHS
USEFUL RESOURCES TO HELP
CHILDREN, YOUNG PEOPLE, FAMILIES AND SCHOOL STAFF
UNDERSTAND COVID-19 AND MANAGE THEIR
EMOTIONAL WELLBEING AND MENTAL HEALTH
DURING THIS TIME**



*With thanks to our colleagues in the Redbridge CAMHS team and Havering Council
for their contributions and support.*



INTRODUCTION

This list of resources has been collated by the NELFT Child and Adolescent Mental Health Service (CAMHS) in BHR.

Our aim is to help Children, Families and School Staff to navigate the wealth of information available during the coronavirus situation to support emotional wellbeing during this difficult time.

Resources are organised into three main sections:

- Children and young people
- Parents and carers
- School staff

For each resource we've provided the organisation name, a brief overview of the resource, and weblink or contact details. For ease of reference, where a video resource is listed, we've included a screenshot underneath the organisation logo in the lefthand column.

If you have suggestions for improvements we can make or resources we can add, please email Trevor.Watson@nelft.nhs.uk or Rebecca.Donn@nelft.nhs.uk (Havering CAMHS PMHT).

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SUPPORT AND RESOURCES FOR CHILDREN AND YOUNG PEOPLE


In this section we've stated the age range provided by the publishing organisation or, if absent, indicated whether we think the resource is appropriate for primary pupils, secondary pupils, or both.






We acknowledge that you know the children in your care better than we do, so trust that you will read or watch the resources before recommending them. You may choose to provide resources direct to children, or to parents for use with their children.

Counselling and emergency support





	<p>Childline: Free, private, and confidential service for young people to talk about anything online or over the phone with trained counsellors</p> <ul style="list-style-type: none"> • Open 9am-Midnight every day • Helpline: 0800 1111 • Webchat: www.childline.org.uk/get-support/1-2-1-counsellor-chat/ <p>Suitable for: Under 19s</p>
	<p>Kooth: Free, safe, and anonymous online support and webchat service for young people to talk to a trained counsellor</p> <ul style="list-style-type: none"> • Open 12pm-10pm Monday-Friday and 6pm-10pm Saturday-Sunday • Must create account to access website but username can be anonymous <p>www.kooth.com</p> <p>Suitable for: 11-18 year olds</p>
	<p>The Mix: Free and confidential helpline and webchat for young people to talk to trained supporters about any issue</p> <ul style="list-style-type: none"> • Open 4pm-11pm every day • Helpline: 0808 808 4994 • Webchat: www.themix.org.uk/get-support <p>Suitable for: Under 25s (Webchat 10-18 year olds)</p>
	<p>Muslim Youth Helpline: Faith and culturally sensitive support by phone, live chat or email.</p> <ul style="list-style-type: none"> • Open 4pm-10pm every day • Helpline: 0808 808 2008 • Webchat: www.myh.org.uk <p>Suitable for: Under 30s (but won't turn anyone away)</p>






In case of emergency and crisis

	<p>Mental Health Direct: Mental health nurses available 24/7, able to access CAMHS notes to provide appropriate advice and support</p> <ul style="list-style-type: none"> • Helpline: 0300 555 1000 (available all hours outside of CAMHS hours) • If you are facing a life-threatening emergency, a very risky or dangerous situation, or are unable to keep yourself or others safe, you may still need to attend A&E or call an ambulance and/or the Police on 999.
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	<p>The Samaritans: Dedicated volunteers will continue to support anyone in crisis from branches, wherever possible, during this challenging time</p> <ul style="list-style-type: none"> • Helpline: 116 123 (available anytime)
	<p>Papyrus: Suicide Prevention Advisors provide help for young people under the age of 35, or anyone who is concerned about a young person.</p> <ul style="list-style-type: none"> • Helpline: 0800 068 4141 (9am-10pm Mon-Fri, 2pm-10pm weekends and bank holidays) • Text: 07860 039967
	<p>Young Minds: 24/7 texting service, free on all major mobile networks, answered by trained volunteers who are supported by experienced clinical supervisors.</p> <ul style="list-style-type: none"> • Text: YM to 85258 (available anytime)
	<p>Shout: 24/7 texting service, free on all major mobile networks, for anyone in crisis anytime, anywhere.</p> <ul style="list-style-type: none"> • Text: 85258 (available anytime)
	<p>Winstons Wish: 24/7 support for young people if someone close to them has died.</p> <ul style="list-style-type: none"> • Crisis Messenger: Text WW to 85258 (available anytime)




Explaining, understanding and myth-busting the new coronavirus/ COVID-19

 	<p>NHS: Coronavirus Factsheet for kids</p> <ul style="list-style-type: none"> • Factsheet www.iscft.nhs.uk/media/Publications/Coronavirus/Childrens%20Coronavirus%20Fact%20Sheet%20-National.pdf • 2½-minute video of the factsheet with audio narration https://youtu.be/NcMmLOcHhTE <p>Suitable for: Primary school pupils</p>
	<p>COVIBOOK: Interactive story designed to support and reassure children</p> <ul style="list-style-type: none"> • Child-friendly story format including activities to help children explain and draw the emotions they might experience during the pandemic. • Available in multiple languages. www.mindheart.co/descargables <p>Suitable for: 7 years and under</p>
	<p>HomeStart: “Dave the Dog is worried about coronavirus”</p> <ul style="list-style-type: none"> • Downloadable short story in a child-friendly format (A Nurse Dotty Book) www.home-start.org.uk/Handlers/Download.ashx?IDMF=042a11ec-c989-4867-a7a9-988b50861c17 <p>Suitable for: Primary school pupils</p>


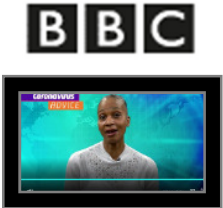



	<p>ELSA Support: Downloadable short stories in a child-friendly format</p> <ul style="list-style-type: none"> • “Coronavirus Story” www.elsa-support.co.uk/coronavirus-story-for-children/ • “Someone I know has Coronavirus” www.elsa-support.co.uk/someone-i-know-has-coronavirus-story/ • “We are at home right now” www.elsa-support.co.uk/we-are-at-home-right-now/ • “Social Contact” www.elsa-support.co.uk/social-contact-story/ • “Our school is closing for a while” www.elsa-support.co.uk/our-school-is-closing-for-a-while/ <p>Suitable for: Primary school pupils</p>
	<p>The Autism Educator: What is the Coronavirus?</p> <ul style="list-style-type: none"> • Simple explanation of the coronavirus with little text and lots of images • Written for children with autism but suitable for all children https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf <p>Suitable for: Primary school pupils</p>
	<p>Children’s Commissioner: Children’s guide to coronavirus</p> <ul style="list-style-type: none"> • Guide explaining coronavirus in a child-friendly format • Includes practical, creative activities and tips www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf <p>Suitable for: Primary and secondary school pupils</p>
	<p>Konnie Huq: A kid friendly guide to the coronavirus</p> <ul style="list-style-type: none"> • YouTube video (20 minutes) explaining coronavirus • Includes tips on how to cope with social isolation and ways to relax. https://www.youtube.com/watch?v=t7pKlGah8M0&t=13s <p>Suitable for: Primary and secondary school pupils</p>
	<p>NPR: Just for Kids: A Comic Exploring the New Coronavirus</p> <ul style="list-style-type: none"> • An easy explanation of COVID-19 for children • Play accompanying radio story via audio tab at the top of the page • Download printable version using the link on the page www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus <p>Suitable for: Primary and secondary school pupils</p>
	<p>World Health Organisation: Coronavirus disease (COVID-19) advice for the public: Myth busters</p> <ul style="list-style-type: none"> • Infographics and evidence-based explanations to dispel coronavirus myths www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters <p>Suitable for: Secondary school pupils</p>
	<p>Playmobil: a simple explanation of coronavirus for children https://www.youtube.com/watch?v=5DIOGkPMNs4&feature=youtu.be</p> <p>Suitable for: Primary school pupils</p>

Written resources to help children and young people manage their emotional wellbeing

	<p>ELSA Support: Coronavirus Support</p> <ul style="list-style-type: none"> • Dedicated section on website providing free resources for teaching staff and parents to help children cope with the current viral outbreak • General and coronavirus-specific resources, including: <ul style="list-style-type: none"> ○ Coronavirus Superhero Team ○ Health and wellbeing during the Coronavirus outbreak ○ Home and School Coronavirus resource pack ○ Coronavirus 14 day self isolation activities <p>www.elsa-support.co.uk/category/free-resources/coronavirus-support/ Suitable for: Primary school pupils</p>
	<p>Childline: Information and support during the coronavirus situation</p> <ul style="list-style-type: none"> • What is coronavirus? • 10 tips to cope during lockdown • Help if you're worried • Coping with schools closing • If you're feeling unwell <p>www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/ Suitable for: Primary and Secondary school pupils</p>
	<p>Action for Happiness: Coping Calendar</p> <ul style="list-style-type: none"> • 30 suggested actions to look after ourselves and each other as we face this global crisis <p>www.actionforhappiness.org/coping-calendar Suitable for: Primary and Secondary school pupils</p>
	<p>WHO: Coping with stress during the 2019-nCoV outbreak</p> <ul style="list-style-type: none"> • Easy to understand leaflet/ poster <p>www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf Suitable for: Secondary school pupils</p>
	<p>YoungMinds: Looking after your mental health while self-isolating</p> <ul style="list-style-type: none"> • Tips on how to stay connected, stay calm, deal with stress at home • Also provides links to extra resources and helplines <p>www.youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating Suitable for: Secondary school pupils</p>
	<p>Mind: Coronavirus and your wellbeing</p> <ul style="list-style-type: none"> • Practical advice for staying at home and indoors • Taking care of your mental health and wellbeing <p>www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/ Suitable for: Secondary school pupils</p>
	<p>The Children's Society: General and coronavirus-specific advice</p> <ul style="list-style-type: none"> • Mental and emotional wellbeing issues including anxiety and loneliness • COVID-19 news and young people's stories including social media tips, staying safe online, sleep, and coping with spending more time at home. <p>www.childrensociety.org.uk/coronavirus-information-and-support Suitable for: Secondary school pupils</p>





	<p>Anna Freud Centre: A list of strategies young people can use to take care of their own mental health (not specific to coronavirus) www.annafreud.org/on-my-mind/self-care/ Suitable for: Secondary school pupils</p>
	<p>The Mix: Practical guidance on how to deal with coronavirus-related anxiety</p> <ul style="list-style-type: none"> • How to deal with corona-anxiety www.themix.org.uk/mental-health/anxiety-ocd-and-phobias/how-to-deal-with-corona-anxiety-35761.html • Coronavirus: Health advice you can trust www.themix.org.uk/your-body/using-health-services/coronavirus-health-advice-you-can-trust-35701.html <p>Suitable for: Under 25s</p>
	<p>Beat Eating Disorders: Guidance on dealing with issues/concerns in regard to coronavirus and eating disorders www.beateatingdisorders.org.uk/coronavirus</p>

Video resources to help children and young people manage their emotional wellbeing

	<p>Cosmic Kids Zen Den: Be in the pond</p> <ul style="list-style-type: none"> • Mindfulness for kids (not specific to coronavirus) www.youtube.com/watch?v=wF5K3pP2IUQ&app=desktop <p>Suitable for: Primary school pupils</p>
	<p>BBC: Tips for during the coronavirus situation:</p> <ul style="list-style-type: none"> • Psychologist advice if you're worried about the coronavirus (8 tips), advice if you're upset by the news and how to wash your hands www.bbc.co.uk/newsround/51896156 • How to cope when you can't go to school because of coronavirus www.bbc.co.uk/newsround/51656718 <p>Suitable for: Primary and secondary school pupils</p>
	<p>Anna Freud Centre: Supporting young people's mental health during periods of disruption</p> <ul style="list-style-type: none"> • Advice for young people about managing their mental health and wellbeing during the Coronavirus situation www.youtube.com/watch?v=ME5IZn4-BAk <p>Suitable for: Secondary school pupils</p>
<p>Jack Kornfield</p> 	<p>Jack Kornfield: A steady heart in the time of Coronavirus (Audio)</p> <ul style="list-style-type: none"> • A 13- minute practice to steady your heart https://jackkornfield.com/steady-heart/ <p>Suitable for: Secondary school pupils</p>
<p>Dr Russ Harris</p> 	<p>Dr Russ Harris: FACE COVID</p> <ul style="list-style-type: none"> • Practical steps for responding effectively to the Corona crisis using the principles of acceptance and commitment therapy (ACT) www.youtube.com/watch?v=BmvNCdpHUYM • eBook available: https://drive.google.com/file/d/1MZJybtT9KmiE9Dw9EKvPJsD9Ow7gXaMe/view <p>Suitable for: Secondary school pupils</p>

SUPPORT AND RESOURCES FOR PARENTS AND CARERS

In case of emergency and crisis

	<p>Mental Health Direct: Mental health nurses available 24/7, able to access CAMHS notes to provide appropriate advice and support</p> <ul style="list-style-type: none"> • Helpline: 0300 555 1000 (available all hours outside of CAMHS hours) • If you are facing a life-threatening emergency, a very risky or dangerous situation, or are unable to keep yourself or others safe, you may still need to attend A&E or call an ambulance and/or the Police on 999.
	<p>The Samaritans – dedicated volunteers will continue to support anyone in crisis from branches, wherever possible, during this challenging time</p> <ul style="list-style-type: none"> • Helpline: 116 123 (available anytime)
	<p>Papyrus: Suicide Prevention Advisors provide help for young people under the age of 35, or anyone who is concerned about a young person.</p> <ul style="list-style-type: none"> • Helpline: 0800 068 4141 (9am-10pm Mon-Fri, 2pm-10pm weekends and bank holidays) • Text: 07860 039967
	<p>Shout: 24/7 texting service, free on all major mobile networks, for anyone in crisis anytime, anywhere</p> <ul style="list-style-type: none"> • Text: 85258



UK Government website: For the latest advice on all aspects of coronavirus

- How to protect yourselves and others
- Employment and financial support
- School closures, education, and childcare
- Businesses and other organisations
- Healthcare workers and carers
- Travel
- How coronavirus is affecting public services
- How you can help
- Coronavirus (COVID-19) cases in the UK

www.gov.uk/coronavirus

Guidance for the public on the mental health and wellbeing aspects of COVID

○ Link: <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

- What can help your mental health and wellbeing?
 - Connect with others to maintain relationships
 - Help and support others
 - Talk about your worries or fears with people you trust
 - Don't forget to take care of your body: drink water, exercise, eat well and if possible, try to go outside every now and then
 - Try to maintain a regular sleeping patterns: cut back on screens before bed and caffeine
 - Try not to watch the news all day if it makes you anxious and make sure to be well informed about COVID
 - Do things you enjoys and keep your mind active!



NHS: Coronavirus (COVID-19)

- Advice for everyone
- Advice for people at higher risk
- Symptoms and what to do
- Self-isolation if you or someone you live with has symptoms
- More information

www.nhs.uk/conditions/coronavirus-covid-19/




NHS: contains a page focused on mental health and wellbeing
Provides you with a link to a mood self-assessment which can help you understand how you are feeling and gives you advice on what you can do

It also contains mental wellbeing audio guides to help with low mood, anxiety, problems sleeping, low confidence and unhelpful thinking





Link: <https://www.nhs.uk/conditions/stress-anxiety-depression/>





How to talk to children and young people about coronavirus

	<p>HomeStart: How do I talk to my children about coronavirus?</p> <ul style="list-style-type: none"> • 7 key things to consider • Includes link to downloadable short story: “Dave the Dog is worried about coronavirus” (A Nurse Dotty book) <p>www.home-start.org.uk/talking-to-children-about-covid-19</p>
	<p>Child Mind Institute: Supporting Families During COVID-19</p> <ul style="list-style-type: none"> • Webpage: “Talking to kids about the coronavirus” https://childmind.org/article/talking-to-kids-about-the-coronavirus/ • YouTube Video: “How to talk to kids about Coronavirus” www.youtube.com/watch?v=WhVad8ToCiU
	<p>BBC: Coronavirus: Keep it simple, stick to facts - how parents should tell kids</p> <ul style="list-style-type: none"> • News article with tips for parents • Video clip of children’s questions with answers provided by a GP <p>www.bbc.co.uk/news/uk-51734855</p>
	<p>NanoGirl Live: Coronavirus resources for children and parents</p> <ul style="list-style-type: none"> • Three 5-minute videos on: <ul style="list-style-type: none"> ○ Coronavirus Explained ○ How handwashing helps prevent coronavirus spreading (home experiment) ○ The science of why soap kills coronavirus <p>www.nanogirllive.co.nz/coronavirus-soap-experiment</p>
	<p>The British Psychological Association: Talking to children about coronavirus</p> <ul style="list-style-type: none"> • Advice sheet for parents with 5 key tips <p>www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf</p>
	<p>Young Minds: Talking to your child about coronavirus</p> <ul style="list-style-type: none"> • 10 tips from Young Minds’ parent helpline <p>www.youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/</p>
	<p>Mental Health Foundation: Talking to your children about the Coronavirus pandemic</p> <ul style="list-style-type: none"> • Four tips for open and honest conversations to minimise negative impact of the news on children <p>https://mentalhealth.org.uk/coronavirus/talking-to-children</p>
	<p>Charlie Waller Memorial Trust: Talking to your children about coronavirus</p> <ul style="list-style-type: none"> • Twelve tips for talking to children about coronavirus and supporting their wellbeing. <p>https://www.cwmt.org.uk/talking-to-children-about-covid19</p>
	<p>Place2Be: Coronavirus: Helpful information to answer questions from children</p> <ul style="list-style-type: none"> • Tips and resources to support your child and yourself with coronavirus concerns <p>www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/</p>



	<p>Aha! Parenting: What to say to your child about the Coronavirus - and how to cope as a parent</p> <ul style="list-style-type: none"> • Blog post with 10 tips <p>www.ahaparenting.com/blog/talking-with-children-about-the-corona-virus</p>
	<p>Coping with Anxiety through CBT (BABCP podcast):</p> <p>http://letstalkaboutcbt.libsyn.com/coping-with-anxiety-about-coronavirus</p>
	<p>NHS ELFT: Supporting neuro-diverse children in challenging times such as during self-isolation</p> <p>https://www.youtube.com/watch?v=dXPtqmHKNoE&feature=youtu.be</p>

Home life, parenting, and supporting children and young people's mental health









	<p>HomeStart: Creating a family routine during self-isolation</p> <ul style="list-style-type: none"> • Tips and downloadable planner <p>www.home-start.org.uk/adding-routine-to-life-at-home</p>
	<p>Emerging Minds: Evidence-based advice and information for parents, carers and people who work with children and young people about how we can best support children and young people with their worries and anxiety.</p> <ul style="list-style-type: none"> • Overview of 5 key messages. <p>https://emergingminds.org.uk/supporting-children-and-young-people-with-worries-and-anxiety-coronavirus/</p> <ul style="list-style-type: none"> • In depth resource with links to further resources. Available in multiple languages. <p>https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf</p> <ul style="list-style-type: none"> • Podcasts <p>https://emergingminds.org.uk/podcast-how-can-we-best-support-children-and-young-people-with-their-worries-and-anxiety/</p>
	<p>Anna Freud Centre: Supporting young people's mental health during periods of disruption.</p> <ul style="list-style-type: none"> • Webpage and video with advice for parents and carers (click on Advice for Parents and Carers tab) <p>www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/</p>
	<p>Family Lives: Coping practically and emotionally during the Covid-19 outbreak</p> <ul style="list-style-type: none"> • Includes: <ul style="list-style-type: none"> ○ Advice for families in self isolation ○ Managing conflict ○ Working from home ○ Planning the children's day ○ Managing anxieties and worries <p>www.familylives.org.uk/advice/your-family/family-life/coping-practically-and-emotionally-during-the-covid-19-outbreak/</p>

 <p>World Health Organization</p>	<p>WHO: Helping children cope with stress during the 2019-nCoV outbreak</p> <ul style="list-style-type: none"> • Advice sheet for parents <p>www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2</p>
	<p>BBC: Coronavirus: How to help kids cope with life without school</p> <ul style="list-style-type: none"> • News article <p>www.bbc.co.uk/news/uk-politics-51959957</p>
	<p>Child Mind Institute: Coping during COVID-19 – Resources for parents</p> <ul style="list-style-type: none"> • American website containing tips on coping with the crisis and protecting children at home, how to support teenagers and young adults, self-care during the pandemic, how mindfulness can help, how to talk to your kids about Covid-19, managing anxiety etc. <p>https://childmind.org/coping-during-covid-19-resources-for-parents/</p>
	<p>Go Zen: Managing coronavirus-related life changes, anxiety and OCD</p> <ul style="list-style-type: none"> • American website with four expert videos on: <ul style="list-style-type: none"> ○ Helping any kid play independently ○ Helping kids manage coronavirus fears ○ Navigating life changes due to coronavirus ○ Helping kids with heightened OCD due to the coronavirus <p>www.gozen.com/coronavirus-anxiety/</p>




Advice for parents about online safety and digital wellbeing

	<p>HES: Remote Learning – Keeping Children Safe Online recommends:</p> <ul style="list-style-type: none"> • Internet Matters – Expert support and practical tips to help children benefit from connected technology and the internet safely and smartly • London Grid for Learning - for support for parents and carers to keep their children safe online • NSPCC Net-aware – Let’s keep kids safe online: Your guide to social networks, apps and games • Parent info – Help and advice for families in a digital world • Thinkuknow – Education programme from the National Crime Agency to stay safe online – includes home activity packs created to support parents during the coronavirus period, containing 15-minute activities parents can do at home with their child • UK Safer Internet Centre – Tips, advice, guides and resources for parents and carers to help keep children safe online
	<p>BBC: Own It keyboard and app</p> <ul style="list-style-type: none"> • Helps young people make smart choices, feel more confident and get advice when its needed • Builds a picture of a child’s digital wellbeing to help them understand the impact that their online behaviours can have on self and others <p>www.bbc.com/ownit/take-control/own-it-app</p>

Advice for parents to manage their own wellbeing, and support for vulnerable families


	<p>BBC: “Coronavirus: how to protect your mental health”:</p> <ul style="list-style-type: none"> • News article with useful advice and tips www.bbc.co.uk/news/health-51873799
	<p>Experimental Psychology: COVID-19: Our Mental Health</p> <ul style="list-style-type: none"> • Some suggestions from the Oxford Anxiety Disorders and Trauma Group to manage very understandable anxiety and worry. www.psy.ox.ac.uk/covid-19-our-mental-health
	<p>Rethink: Managing your mental health during the Coronavirus outbreak</p> <ul style="list-style-type: none"> • Blog with simple steps to look after your wellbeing www.rethink.org/news-and-stories/blogs/2020/03/managing-your-mental-health-during-the-coronavirus-outbreak/
	<p>Mental Health Foundation: Looking after your mental health during the Coronavirus Outbreak</p> <ul style="list-style-type: none"> • Tips for staying informed whilst supporting and managing wellbeing www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak
	<p>Mind: Coronavirus and your wellbeing</p> <ul style="list-style-type: none"> • Practical advice for staying at home and indoors • Taking care of your mental health and wellbeing www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/
	<p>Samaritans: If you’re worried about your mental health during the coronavirus outbreak</p> <ul style="list-style-type: none"> • Practical ways to help yourself cope – includes relaxation exercises with accompanying YouTube videos www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/signs-you-may-be-struggling-cope/practical-ways-help-yourself-cope/ • If you’re worried about someone else – describes the importance of staying connected during self-isolation, how to start a conversation with someone about their mental health, and tools you could use. www.samaritans.org/how-we-can-help/support-and-information/worried-about-someone-else/if-youre-worried-about-someone-else-during-coronavirus-outbreak/
	<p>Calm: Calm Together – Let’s look after ourselves, and each other.</p> <ul style="list-style-type: none"> • Free meditations, sleep stories, movement exercise, journals and music. www.calm.com/blog/take-a-deep-breath
	<p>Mindfulness in Schools Project: Daily online mindfulness practice</p> <ul style="list-style-type: none"> • 20-30 minute drop-in sessions via Zoom • Intended to nourish, support and connect us with each other through these unprecedented times • 11.00am Monday-Friday (adults and children) • 7.30pm Tuesday and Thursday (adults and older children with some experience of mindfulness practice) https://mindfulnessinschools.org/misp-sit-together/

	<p>Gov.uk: Supporting vulnerable families who are struggling</p> <ul style="list-style-type: none"> • Link to register for support for people who have a medical condition which makes them extremely vulnerable to coronavirus <p>www.gov.uk/coronavirus-extremely-vulnerable</p>
 	<p>NHS East London Foundation Trust: Supporting neuro-diverse children in challenging times such as during self-isolation</p> <ul style="list-style-type: none"> • 10-minute YouTube video covering: <ul style="list-style-type: none"> ○ Information ○ Structure ○ Schedules and predictability ○ Keeping connected ○ What is important to the child ○ Communication and sensory needs ○ Positive attention ○ Safety at home ○ Looking after you - <p>www.youtube.com/watch?v=dXPtqmHKNoE&feature=youtu.#be</p>
 	<p>The Association for Child and Adolescent Mental Health: Coronavirus, and helping children with autism</p> <ul style="list-style-type: none"> • Podcast featuring child clinical psychologists • Episode 4 of their series 'Autism a parent's guide' FYI includes useful advice, links and two social stories for parents <p>www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/</p>
 <p>SUNSHINE SUPPORT</p>	<p>Sunshine Support: COVID-19 Helpful Downloads</p> <ul style="list-style-type: none"> • SEND-specific downloads including 'Supporting Children with Learning Disabilities/ ASD' <p>www.sunshine-support.org/covid-19-downloads</p>
	<p>Autistic and Unapologetic: Autism and COVID-19: How to support autistic people during the coronavirus pandemic</p> <ul style="list-style-type: none"> • Includes information on: <ul style="list-style-type: none"> ○ What REALLY is coronavirus ○ Explaining COVID-19 to people with autism ○ Supporting autistic people during lockdown ○ A work about autistic students in UK schools ○ What to do if an autistic person has COVID-19 <p>https://autisticandunapologetic.com/2020/03/20/autism-covid-19-how-to-support-autistic-people-during-the-coronavirus-pandemic</p>
	<p>UNC Frank Porter Graham Child Development Institute Autism Team: Supporting Individuals with Autism through uncertain times</p> <ul style="list-style-type: none"> • American website with advice pack on supporting individuals with Autism during this challenging period <p>https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Supporting%20Individuals%20with%20Autism%20through%20Uncertain%20Times%20Full%20Packet.pdf</p>

	<p>The Autism Society: Resources to help individuals continue to achieve academic success during these challenging times</p> <ul style="list-style-type: none"> • American website with free home curriculum for early autism education • Information for schools on how to provide services to children with disabilities during the Covid-19 outbreak. • Social stories such as 'Why Can't I Go to School', 'My Work Choice Board' and 'I Miss My Friends at School' <p>www.autism-society.org/covid-education/</p> <ul style="list-style-type: none"> • Coronavirus Information Series - a Facebook Live series dedicated to providing relevant, Covid-19 information for the autism community. Features an expert discussing specific topics like mental health and continuing school work and education at home. <p>www.autism-society.org/facebook-live-coronavirus-information-series/</p>
	<p>Sensory Spectacle: Coronavirus and Sensory Processing Disorder</p> <ul style="list-style-type: none"> • COVID-19 Symptom considerations for people with SPD: <ul style="list-style-type: none"> ○ Over-responsive, hyper-sensitive, avoider ○ Under-responsive, hypo-sensitive, seeker <p>www.sensorspectacle.co.uk/spd-covid-19</p>
	<p>Well Child: COVID-19 Information for Parents and Carers</p> <ul style="list-style-type: none"> • Information for families caring for children with serious and complex health needs during the COVID-19 outbreak including: <ul style="list-style-type: none"> ○ How do I avoid catching the virus? ○ Managing staff and carers ○ Treatment plans and hospital appointments ○ Medicines ○ Who to contact if worried about coronavirus exposure ○ Where else to go for information and advice <p>www.wellchild.org.uk/2020/03/11/covid-19-information-for-parents-and-carers/</p>

Resources and support for bereavement

The following organisations all support children and adults with bereavement. For the purpose of this resource, only their helpline numbers and coronavirus-specific weblinks have been provided.

	<p>Child Bereavement UK: Coronavirus information</p> <ul style="list-style-type: none"> • Includes information and advice on <ul style="list-style-type: none"> ○ Supporting children through difficult times ○ When you can't visit someone who is ill ○ Supporting pupils ○ Supporting bereaved children. • Helpline: 0800 02 888 40 (9am-5pm Mon-Fri) <p>www.childbereavementuk.org/pages/category/coronavirus</p>
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Winston's Wish: Bereavement support during coronavirus

- Includes information and advice on:
 - How to say goodbye when a funeral isn't possible
 - How schools can support children
 - Talking to children about coronavirus
 - Telling a child someone is seriously ill
 - Telling a child someone has died from coronavirus
 - Ways to manage your anxiety about coronavirus
 - Managing grief in self-isolation
- Helpline: 08088 020 021 (9am-5pm Mon-Fri)

www.winstonswish.org/coronavirus/



Cruse Bereavement Care: Coronavirus: Dealing with bereavement and grief





- Includes information and advice on:
 - Grieving and isolation
 - Traumatic bereavement
 - Funerals
 - Anger and blame
 - Feeling guilty
 - Feeling your bereavement is not a priority
 - Children and young people
 - Coping with talk of death and dying
 - What to say to someone who is bereaved
- Helpline: 0808 808 1677 (9.30am-5pm Mon & Fri, 9.30am-8pm Tue-Thu)

www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief



SUPPORT AND RESOURCES FOR SCHOOL STAFF

Emergency support



In case of emergency and crisis

	<p>Mental Health Direct: Mental health nurses available 24/7, able to access CAMHS notes to provide appropriate advice and support</p> <ul style="list-style-type: none"> • Helpline: 0300 555 1000 (available all hours outside of CAMHS hours) • If you are facing a life-threatening emergency, a very risky or dangerous situation, or are unable to keep yourself or others safe, you may still need to attend A&E or call an ambulance and/or the Police on 999.
	<p>The Samaritans – dedicated volunteers will continue to support anyone in crisis from branches, wherever possible, during this challenging time</p> <ul style="list-style-type: none"> • Helpline: 116 123 (available anytime)
	<p>Papyrus: Suicide Prevention Advisors provide help for young people under the age of 35, or anyone who is concerned about a young person.</p> <ul style="list-style-type: none"> • Helpline: 0800 068 4141 (9am-10pm Mon-Fri, 2pm-10pm weekends and bank holidays) • Text: 07860 039967
	<p>Shout: 24/7 texting service, free on all major mobile networks, for anyone in crisis anytime, anywhere</p> <ul style="list-style-type: none"> • Text: 85258






Coronavirus guidance and updates for schools




	<p>HES: COVID-19 (Coronavirus) Advice and Guidance for Education Settings</p> <ul style="list-style-type: none"> • COVID-19 (Coronavirus) latest updates and guidance documents: http://hes.org.uk/Article/73009 • Online training and resources to help school staff continue to teach, guide and advise during this unprecedented situation http://www.hes.org.uk/Page/16940
	<p>Department for Education: Coronavirus (COVID-19) education helpline</p> <ul style="list-style-type: none"> • Dedicated helpline to answer education-related questions about Coronavirus (COVID-19). • Open to staff, parents and young people • Helpline: 0800 046 8687 (8am-6pm Mon-Fri) • Email: DfE.coronavirushelpline@education.gov.uk

Policy support for schools

 	<p>Anna Freud Centre: Supporting schools and colleges through disruption</p> <ul style="list-style-type: none"> • Booklet (PDF): Supporting schools & colleges: A guide to supporting the mental health and wellbeing of pupils during periods of disruption. www.annafreud.org/media/11160/supporting-schools-and-colleges.pdf • Video (click on Advice for schools and colleges tab) www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/ • During April, May and June, the ‘Schools in Mind’ network will develop new resources on key themes identified by members, including: <ul style="list-style-type: none"> ○ Supporting the most vulnerable children and young people ○ Helping children and young people manage anxiety ○ Managing abrupt endings and transitions ○ Supporting parents and carers • For more information, sign up to the free Schools in Mind network: www.annafreud.org/what-we-do/schools-in-mind/sign-up-and-information/
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Supporting staff wellbeing

	<p>Anna Freud Centre: Supporting schools and colleges through disruption</p> <ul style="list-style-type: none"> • Booklet (PDF): Looking after each other and ourselves: A guide to supporting the mental health and wellbeing of staff at schools and colleges during periods of disruption. www.annafreud.org/media/11242/looking-after-each-other-ourselves-final.pdf
 	<p>Mindfulness in Schools Project: Daily online mindfulness practice</p> <ul style="list-style-type: none"> • 20-30 minute drop-in sessions via Zoom • Intended to nourish, support and connect us with each other through these unprecedented times • 11.00am Monday-Friday (adults and children) • 7.30pm Tuesday and Thursday (adults and older children with some experience of mindfulness practice) <p>https://mindfulnessinschools.org/misp-sit-together/</p>
	<p>Calm: Calm Together – Let’s look after ourselves, and each other.</p> <ul style="list-style-type: none"> • Free meditations, sleep stories, movement exercise, journals and music. www.calm.com/blog/take-a-deep-breath
	<p>Charlie Waller Memorial Trust: Working from home: Your Wellbeing Action Plan</p> <ul style="list-style-type: none"> • Personalised, practical tool for all – whether or not you suffer from a mental health issue. www.cwmt.org.uk/working-from-home

	<p>Education Support Partnership: Coronavirus: Supporting education staff</p> <ul style="list-style-type: none"> • Free helpline with trained counsellors available to support all staff • 08000 562 561 (available anytime) <p>www.educationsupport.org.uk/helping-you/telephone-support-counselling</p> <ul style="list-style-type: none"> • Information for supply teachers worried about their financial situation during the coronavirus pandemic: <p>www.educationsupport.org.uk/helping-you/information-supply-teachers-contractors-coronavirus</p>
	<p>Place2Be: Continuing to provide support during this unsettling time</p> <ul style="list-style-type: none"> • School support functions are continuing to support school communities as normal, while working remotely. • Includes supporting school staff through Place2Think sessions: <p>www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-place2be-support-for-children-families-and-schools/</p> <ul style="list-style-type: none"> • Latest online teacher training module “Introduction to Mental Health” is currently free to all Place2Be partner school staff: <p>www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-place2be-support-for-children-families-and-schools/</p>
	<p>Mind: Coronavirus and your wellbeing</p> <ul style="list-style-type: none"> • Practical advice for staying at home and indoors • Taking care of your mental health and wellbeing <p>www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/</p>

BARKING & DAGENHAM

<https://www.lbbd.gov.uk/coronavirus-covid-19>

- LBBd have teamed up with many great community organisations in our borough to get practical help out to those that need it during this difficult time.
- If you, or someone you know, need help please get in touch to let us know what help you need.
- Find out more about Specialist support for extremely vulnerable people
- Find out more about how you can protect yourself and others from Coronavirus.

BARKING & DAGENHAM CCG

<https://www.barkingdagenhamccg.nhs.uk/>







See news and events for coronavirus latest information.






Best care by the best people






<https://www.nelft.nhs.uk/camhs>

B&D CAMHS offers help to children and young people who are experiencing emotional, behavioral or mental health difficulties. The services are available to families with children & young people from birth to their 18th birthday.

	<p>Havering CAMHS (Child and Adolescent Mental Health Services) offers help to children and young people who are experiencing emotional, behavioral or mental health difficulties. The services are available to families with children & young people from birth to their 18th birthday</p> <p>https://www.nelft.nhs.uk/havering-camhs</p>
	<p>LBH: Bereavement Policy Template for Schools</p> <ul style="list-style-type: none"> • Comprehensive guidance on: <ul style="list-style-type: none"> ○ Responding to the death of a pupil or member of staff ○ Ongoing support for a bereaved pupil • Appendices include: <ul style="list-style-type: none"> ○ Sources of further advice and support ○ Age appropriate books covering bereavement and loss ○ Template letters for parents ○ Voluntary sector guidance on supporting pupils and staff ○ PSHE Association Programme of Study (Key Stages 1-5) • Download 'Havering Bereavement Policy Template for Schools' from www.hes.org.uk/Page/16925 ('Update: Friday 24th April 2020' section - Word document and Zip file) or email Tracey.Wraight@havering.gov.uk
	<p>HBBS Counselling: Local service offering counselling and bereavement support.</p> <ul style="list-style-type: none"> • Please check website and Facebook page for updates about service availability during the coronavirus situation. <p>www.hbbscounselling.org</p>
	<p>SNAP: Local charity committed to delivering the best service they possibly can for families during this difficult time.</p> <ul style="list-style-type: none"> • Comprehensive online support with Information Network and Directory to share information, ideas and strategies • Coronavirus Family Guide: www.snapcharity.org/coronavirus-family-guide/ • Helpline: 01277 211300 (9am-5pm Mon-Thurs, 9am-4pm Fri) <p>https://www.snapcharity.org/</p>
	<p>Positive Parents: Supporting families of children with SEND in Havering</p> <ul style="list-style-type: none"> • Counselling Support for individuals with a child or adult with special needs • 07858 406933 / 01708 524627 <p>www.positiveparentshavering.org.uk</p>
	<p>Add Up: Local support and action group supporting families with ADHD</p> <ul style="list-style-type: none"> • For urgent support please call the Addup mobile • 07495 573836 (10am-4pm Mon-Fri) <p>www.addup.co.uk/</p>

 <p>Follow us on twitter: @sycamoretrustuk Find us on Facebook: @sycamoretrustuk Like us on LinkedIn: @sycamoretrustuk Check us out on Instagram: sycamoretrustuk</p>	<p>Sycamore Trust: Supporting individuals and families/carers for whom Autistic Spectrum Disorders and/or Learning Difficulties are part of daily life</p> <ul style="list-style-type: none"> • Tools to help plan and review the day during this unsettling time www.sycamoretrust.org.uk/latest/article/Help-to-plan-and-review-your-day • Online community forum www.autismhub.org.uk/forum/ www.sycamoretrust.org.uk/
	<p>RAGS: Help and support for families who have a child/ children with an Autism Spectrum Disorder</p> <ul style="list-style-type: none"> • For more information email info@rags-havering.org.uk and you will be contacted as soon as possible www.rags-havering.org.uk/
	<p>Havering Volunteer Centre:</p> <ul style="list-style-type: none"> • If you need support during these uncertain times and would like to talk to a friendly voice at the end of the phone you can contact Havering Volunteer Centre on 01708 922214. • To get involved and support your community through volunteering please contact volunteering@haveringvc.org.uk or call 01708 922214
	<p>Havering Women's Aid: Support for victims of domestic abuse Havering Women's Aid: 01708 728759 Men's Domestic Abuse Service (MENDAS): 01708 397974 Live chat service: www.chat.womensaid.org.uk (10am-12pm Mon-Fri) https://haveringwomensaid.co.uk/</p>
	<p>Havering Council website: For the latest local information on coronavirus</p> <ul style="list-style-type: none"> • Changes to our services because of COVID-19 • Financial advice for you • Support for businesses • Trading Standards – Raise a concern about a business • Social Care Providers • COVID-19 related news from us • Sign up to Living in Havering eNews for updates www.havering.gov.uk/covid19 <p>Havering Council: Coronavirus Helpline</p> <ul style="list-style-type: none"> • Helpline for use if you, or someone you know, have concerns around care, urgent issues around health and wellbeing or lack of access to supplies including food and medicine • Helpline: 0800 368 5201 (8.30am-6pm Mon-Fri, 11am-4pm Sat-Sun) • Email: covid19support@havering.gov.uk www.havering.gov.uk/covid19

 <p>STAY HOME POSTING TIMES: 8AM - 12PM and 4PM - 10PM BST</p>	<p>Facebook support group: Family Lockdown tips and idea</p> <p>This is a group has been set up to provide support, tips and ideas if you are at home with your family in light of the Coronavirus.</p> <p>They post ideas and suggestions for indoor and garden activities that you can do with your children</p> <p>It is a private group that you need to join</p> <p>Link: https://www.facebook.com/groups/871176893326326/</p>
 <p>London Borough of Redbridge</p>	<p>London Borough of Redbridge: publishes regular updates for Redbridge residents on the COVID-19 situation and what is being done around the borough.</p> <p>Link: https://www.redbridge.gov.uk/blog/redbridge-leaders-blog/leaders-blog-posts/covid-19-update/</p>
 <p>Redbridge Covid-19 Mutual Aid Community Support Group WE NEED EACH OTHER</p>	<p>Redbridge COVID-19 Mutual Aid: coordinates support across the borough to those in self-isolation, the elderly, and the vulnerable</p> <p>Offers help request, volunteer opportunities, and more links and resources</p> <p>Link: https://redbridgemutualaid.wixsite.com/covid19/requests</p>