

## Supporting children and young people's mental health during the Covid-19 pandemic: Issue 1 April 2020

This bulletin contains a list of resources to support parents, carers, schools, colleges, children and young people during the Covid-19 pandemic. It's important to look after our mental health during this time especially as the measures in place to keep us safe may limit our usual actions to respond to stress. Fear for our loved ones, social distancing and self-isolation bring unprecedented challenges to our wellbeing, and our children and young people will be feeling this too as they learn to adapt to the new measures in place. We hope that some of the resources below will be useful in conversations about Covid-19 and the measures in place, as well as in supporting children and young people to understand their emotions during this time.

There are resources to support learning at home as well as to help parents and carers to look after their own wellbeing. The pressures placed on parents and carers at this time will likely be overwhelming – many are trying to continue working from home while looking after young children as well as encouraging them to make sure their school work is completed. These are extraordinary demands and it would be unreasonable to assume they are manageable. We hope the below resources will be of some help.

### General advice including explaining Covid-19 to children

- British Psychological Society - guidance on talking to children about coronavirus: [bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus](https://bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus)
- Emerging Minds - supporting children and young people with worries about Covid-19: [emergingminds.org.uk/wp-content/uploads/2020/03/COVID19\\_advice-for-parents-and-carers\\_20.3\\_.pdf](https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf)
- Mencap - easy read guide to coronavirus: [mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf](https://mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf)
- Place2Be – guide to helping parents answer questions from their children and to support family wellbeing: [place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/](https://place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/)
- Public Health England – stop germs spreading resources for educating children and young people: [campaignresources.phe.gov.uk/schools](https://campaignresources.phe.gov.uk/schools)
- Young Minds - talking to your child about coronavirus and tips from their parents helpline to support family wellbeing: [youngminds.org.uk/blog/talking-to-your-child-about-coronavirus](https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus)

### For primary school- aged children

- Covibook – for children aged seven and under to explain and draw the emotions they might be experiencing during the pandemic: [mindheart.co/descargables](https://mindheart.co/descargables)
- Nanogirl - videos explaining Covid-19 and why it is important to wash our hands/ sneeze and cough into our elbows: [nanogirllive.co.nz/coronavirus-soap-experiment](https://nanogirllive.co.nz/coronavirus-soap-experiment)
- NPR - a comic strip to help children understand what the coronavirus is and respond to some common questions and worries they may have:

For advice about children and young people's mental health services during the pandemic, email: [kentcyp.supportinfo@nhs.net](mailto:kentcyp.supportinfo@nhs.net)

[npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1584358951699&t=1584454700885](https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1584358951699&t=1584454700885)

### For secondary school- aged children

- BBC Newsround – tips if you're worried about coronavirus: [bbc.co.uk/newsround/51887051](https://www.bbc.co.uk/newsround/51887051)
- BBC Newsround - how to cope when you can't go to school because of the coronavirus: [bbc.co.uk/newsround/51656718](https://www.bbc.co.uk/newsround/51656718)
- Healios – Thinkninja app with new content about covid19 providing self-help knowledge and skills to children and young people (10-18 years old) who maybe experiencing increased anxiety and stress during the crisis: [healios.org.uk/services/thinkninja1](https://healios.org.uk/services/thinkninja1)

### Wellbeing advice

- Anna Freud - advice for young people about managing their mental health and wellbeing during the coronavirus situation: [youtube.com/watch?v=ME5lZn4-BAk&feature=youtu.be](https://www.youtube.com/watch?v=ME5lZn4-BAk&feature=youtu.be)
- Anna Freud - clear, simple advice to all those who are supporting children and young people - including to young people themselves: [annafreud.org/coronavirus](https://annafreud.org/coronavirus)
- Anna Freud – self-care strategies: [annafreud.org/on-my-mind/self-care](https://annafreud.org/on-my-mind/self-care)
- BBC Newsbeat - advice to cope with self-isolation: [bbc.co.uk/news/newsbeat-51960752](https://www.bbc.co.uk/news/newsbeat-51960752)
- The British Psychological Society - coping with life in isolation and confinement: [thepsychologist.bps.org.uk/coping-life-isolation-and-confinement-during-covid-19-pandemic](https://thepsychologist.bps.org.uk/coping-life-isolation-and-confinement-during-covid-19-pandemic)
- Childline – worries about the world: [childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/#coronavirus](https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/#coronavirus)
- Headstart Kent Resilience Hub - supporting 10-16 year olds to cope better with the pressures of everyday life: [kentresiliencehub.org.uk](https://kentresiliencehub.org.uk)
- Healthwatch Kent – coronavirus is affecting my mental health what can I do? [healthwatchkent.co.uk/advice-and-information/2020-03-26/coronavirus-affecting-my-mental-health-%E2%80%93-what-can-i-do](https://healthwatchkent.co.uk/advice-and-information/2020-03-26/coronavirus-affecting-my-mental-health-%E2%80%93-what-can-i-do)
- Mind - coronavirus and your wellbeing: [mind.org.uk/information-support/coronavirus-and-your-wellbeing](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing)
- Moodspark - for young people aged 10-16 to learn how to look after their emotional and mental health and find ways to help them bounce back when life gets tough: [moodspark.org.uk](https://moodspark.org.uk)
- Priory Group – understanding anxiety illustration: [priorygroup.com/media/594863/understanding-childhood-anxiety-v1.jpg](https://www.priorygroup.com/media/594863/understanding-childhood-anxiety-v1.jpg)
- World Health Organisation – helping children cope with stress: [who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf)
- Young Minds: [youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus](https://www.youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus)

### Speak to someone

- Kooth - online counselling for 10-17yr olds: [kooth.com](https://www.kooth.com)
- NHS - mental health helplines: [nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines](https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines)
- Porchlight Be You Project – support for 8-25 year olds from the LGBT+ community and parents and carers: [thebeyouproject.co.uk](https://thebeyouproject.co.uk)
- Shout – crisis support, text 'Kent' to 85258

For advice about children and young people's mental health services during the pandemic, email: [kentcyp.supportinfo@nhs.net](mailto:kentcyp.supportinfo@nhs.net)

### Online activity resources

- Calm zone - a toolbox of activities such as breathing exercises, coping videos, yoga videos and games that can help children feel calm: [childline.org.uk/toolbox/calm-zone](https://childline.org.uk/toolbox/calm-zone)
- Childline – Children can sign up to Childline’s “locker” and track their daily mood in the mood journal. This might be a helpful way for children to balance their mood during a period of uncertainty: [childline.org.uk/login/?returnPath=%2flocker%2f#journal](https://childline.org.uk/login/?returnPath=%2flocker%2f#journal)
- Good Mental Health Matters – free online resources for secondary and primary school aged children including activity sheets and videos: [goodmenathealthmatters.com](https://goodmenathealthmatters.com)

### Advice for parents and carers

- Anna Freud - advice for parents and carers: [youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be](https://youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be)
- British Association of Counsellors and Psychotherapists – how to cope if you’re feeling anxious about the outbreak: [bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak](https://bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak)
- CarersUK – help and advice: [carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19](https://carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19)
- Fegans – free ‘parenting in a pandemic’ resources: [fegans.org.uk/family-hub](https://fegans.org.uk/family-hub)
- Good Thinking - resources to support adults with their mental health and wellbeing: [good-thinking.uk](https://good-thinking.uk)
- Kent County Council - coronavirus service updates: [www.kent.gov.uk/social-care-and-health/health/coronavirus/coronavirus-service-updates](https://www.kent.gov.uk/social-care-and-health/health/coronavirus/coronavirus-service-updates)
- Mental Health Foundation - looking after your mental health during the coronavirus outbreak: [mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak?dm\\_i=26BG,6SIQE,284YE,R6HMK,1](https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak?dm_i=26BG,6SIQE,284YE,R6HMK,1)
- Pearson UK - free activities and support for learners and parents: [pearson.com/uk/learners.html](https://pearson.com/uk/learners.html)
- Porchlight - find help and advice today if you face losing your job or home, or you're struggling to feed your family: [porchlight.org.uk/information-support/information-on-coronavirus](https://porchlight.org.uk/information-support/information-on-coronavirus)
- Public Health England - guidance for parents and carers on supporting children and young people’s mental health and wellbeing during the coronavirus outbreak: <https://bit.ly/341HFt1>
- Psychology Today – toolbox for families during coronavirus: [psychologytoday.com/gb/blog/pulling-through/202004/the-pandemic-toolkit-parents-need?eml](https://psychologytoday.com/gb/blog/pulling-through/202004/the-pandemic-toolkit-parents-need?eml)
- Royal College of Paediatrics and Child Health – resources for the general public: [rcpch.ac.uk/resources/covid-19-resources-general-public](https://rcpch.ac.uk/resources/covid-19-resources-general-public)
- WellChild – Covid19 information for parents and carers: [wellchild.org.uk/2020/03/11/covid-19-information-for-parents-and-carers](https://wellchild.org.uk/2020/03/11/covid-19-information-for-parents-and-carers)

### Support for schools and colleges

- Anna Freud – video for schools and colleges: [youtube.com/watch?v=SjSh5SYWFqM&feature=youtu.be](https://youtube.com/watch?v=SjSh5SYWFqM&feature=youtu.be)
- Anna Freud - a guide to supporting the mental health and wellbeing of pupils and students during periods of disruption: [annafreud.org/media/11160/supporting-schools-and-colleges.pdf](https://annafreud.org/media/11160/supporting-schools-and-colleges.pdf)

For advice about children and young people’s mental health services during the pandemic, email: [kentcyp.supportinfo@nhs.net](mailto:kentcyp.supportinfo@nhs.net)

- Department for Education - helpline for coronavirus (Monday - Friday 8am - 6pm and Saturday and Sunday 10am - 4pm) Phone: 0800 046 8687 Email: [DfE.coronavirushelpline@education.gov.uk](mailto:DfE.coronavirushelpline@education.gov.uk)
- BBC Teach - resources to help keep children and young people occupied and learning when at home (links to the national curriculum and includes educational videos): [bbc.co.uk/teach](http://bbc.co.uk/teach)

### Support for children and young people under the care of specialist mental health services including those with autism/ADHD

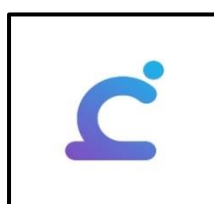
- KCHFT – see what operational changes to services are in place: [kentcht.nhs.uk/our-services](http://kentcht.nhs.uk/our-services)
- Kent County Council - coronavirus service updates: [kent.gov.uk/social-care-and-health/health/coronavirus/coronavirus-service-updates](http://kent.gov.uk/social-care-and-health/health/coronavirus/coronavirus-service-updates)
- Kent County Council - guidance for families during COVID-19 outbreak: [kent.gov.uk/education-and-children/special-educational-needs/guidance-for-families-during-covid-19-outbreak](http://kent.gov.uk/education-and-children/special-educational-needs/guidance-for-families-during-covid-19-outbreak)
- Kent County Council – local SEND offer: [kent.gov.uk/education-and-children/special-educational-needs](http://kent.gov.uk/education-and-children/special-educational-needs)
- KMPT – service changes during coronavirus: [kmpt.nhs.uk/information-and-advice/coronavirus-covid-19](http://kmpt.nhs.uk/information-and-advice/coronavirus-covid-19)
- National Autistic Society - resources: [autism.org.uk/services/helplines/coronavirus/resources.aspx](http://autism.org.uk/services/helplines/coronavirus/resources.aspx)
- NELFT - [nelft.nhs.uk/kent-cypmhs-get-in-touch](http://nelft.nhs.uk/kent-cypmhs-get-in-touch)
- Public Health England - guidance for parents and carers on supporting children and young people’s mental health and wellbeing during the coronavirus (COVID-19) outbreak including those under specialist mental health services: <https://bit.ly/341HFt1>
- Witherslack Group- a series of webinars to support to parents and carers of children and young people with special educational needs, as well as professionals working within the SEN sector, our online events and webinars will allow you to stay connected, inspired and informed [witherslackgroup.co.uk/webinars](http://witherslackgroup.co.uk/webinars)

### Apps for good mental health



#### **Chill Panda:**

Chill Panda is for children and adults who want to learn how to manage stress, relax and feel better. It uses your phone’s camera to measure your heart rate and suggests playful tasks to suit your state of mind. Tasks include simple breathing techniques and lighter exercises to take your mind off your worries.

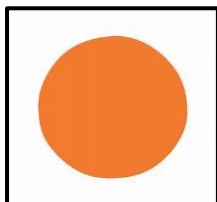


#### **Calm Harm:**

Calm Harm is suitable for people who are trying to manage urges to self-harm. It is based on the principles of dialectical behaviour therapy – a type of talking therapy that is often effective in people with mood disorders.

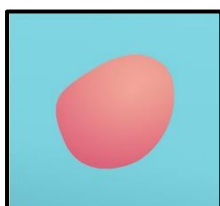
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The app suggests task to encourage users to distract themselves from urges to self-harm and help manage their emotional mind in a more positive way.



**Headspace:**

Headspace helps you to let go of stress and relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day. There are exercises on topics including managing anxiety, stress relief, breathing, happiness and focus.



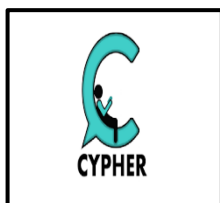
**Cove:**

Cove lets you create music to capture your mood and express how you feel. Instead of using words, create music to reflect emotions like joy, sadness, loneliness and anger. You can store your music in a private journal with text or send it to someone when you are struggling to express yourself through words.



**Happy Not Perfect:**

Is a toolkit for your mind. Backed by science Happy Not Perfect enables you to play the daily happiness workout to reduce stress and improve sleep, learn breathing techniques, let go of negative thoughts, practice a positive mindset, meditate, set goals and track progress.



**Cypher:**

Is an anonymous peer-to-peer social network. It is a space to share your thoughts, feelings and secrets, give and receive support and connect to other support organisations. You can create a virtual pet who gets happier the more good you do.



**Thrive: Feel Stress Free:**

Feel Stress Free helps you manage stress, anxiety and related conditions. Use the app to relax before a stressful situation or as part of your regular routine.



**iPrevail**

Connects you with people who face similar situations and know what you're going through, with communities on stress, anxiety, depression and more.

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***Catch It***

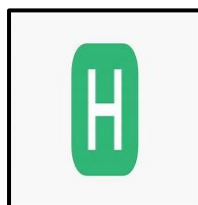
Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

***My Possible Self***

Aims to help you take control of your thoughts, feelings and behaviour. Use the app to help manage fear, anxiety and stress, and tackle unhelpful thinking.

***Pzizz***

Aims to help you stop your mind racing, get to sleep, stay asleep and wake up refreshed.

***Health Unlocked***

Use Health Unlocked to find and connect with people with mental health conditions, including low mood, panic and anxiety.

***Feeling Good***

Feeling Good uses the principles of cognitive behavioural therapy to help improve thoughts and feelings, self-esteem and self-confidence.