

**Please find below some useful resources for families to use during the period of closure and general support during this time:**

- **NHS Mental Health Apps** - <https://www.nhs.uk/apps-library/category/mental-health/>
- **Hints and tips from Liverpool CAMHS** <https://wakelet.com/wake/564d7bc8-4bc9-462f-a9e1-2deb03150c3f>
- **National Autistic Society** – guidance and helpline for parents’, young people and staff: [https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)
- <https://littlepuddins.ie/coronavirus-social-story/>
- <https://www.elsa-support.co.uk/coronavirus-story-for-children/>
- <https://campaignresources.phe.gov.uk/schools>
- <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
- **Mencap** - Easy Read guide to Coronavirus: <https://www.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: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>
- **Young Minds** - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
- **Carers UK** - Guidance for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>
- **Covibook** – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: <https://www.mindheart.co/descargables>
- **Public Health England** have produced an easy read version of their [Advice on the coronavirus for places of education](#). You can download it [here](#)

**Please find below a number of resources that have been shared within the DFE and from our regional sites:**

- **BPS guidance** - <https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>
- **BACP guidance around managing anxiety** - <https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/>
- **Anna Freud links** - [Supporting schools & colleges: A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption](#) There are also three videos, one for [school staff](#), one for [parents](#) and one for [children and young people](#) which may be useful