

Mental Health Resources List

Parent Carers



Resource	Produced by	E-mail address	Notes
Resources to boost your child's wellbeing during the Covid-19 lockdown	Partnership for Children	https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html	These activities are based on our Skills for Life programmes. Use them to help your child find healthy ways to deal with their feelings and reactions to the Covid-19 situation.
10 tips to help if you are worried about coronavirus	Every Mind Matters	https://tinyurl.com/ybudu3jm	10 simple things you can do to help you take care of your mental health and wellbeing
10 Ways for parents to help their children cope with change	Mentally Healthy Schools & Anna Freud Centre	https://www.mentallyhealthyschools.org.uk/resources/10-ways-for-parents-to-help-their-children-cope-with-change/	10 top tips aimed at parents can provide a starting point for helping children struggling with a change in their life.
Coronavirus: wellbeing activity ideas for families	Place2Be	https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/	A list of recommended resources for families from some of our trusted partner organisations.
Supporting Your Child During The Coronavirus Pandemic	Young Minds	https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/	Tips, advice and where to get support for your child's mental health during the coronavirus (COVID-19) pandemic

Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) pandemic	Department for Education	https://tinyurl.com/tq8daw8	This advice is to help adults with caring responsibilities look after the mental health and wellbeing of children and young people, including those with additional needs and disabilities, during the coronavirus (COVID-19) pandemic.
Mental health advice for parents during coronavirus	Parent Club	https://www.parentclub.scot/articles/mental-health-advice-parents-during-coronavirus	Tips to look after your mental health
COVID-19 - resources for parents and carers	The Royal College of Paediatricians and Child Health	https://www.rcpch.ac.uk/resources/covid-19-resources-parents-carers	
The sooner, the better	Action for Children	https://tinyurl.com/ybpr5dc3	Spotting the signs of mental health issues in your child and what to do to help
Coronavirus resources for children and families	Sheffield Children's NHS	https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/	