**Support for your mental health and wellbeing through the Covid-19 outbreak**

We are all aware that at this current time so many aspects of our lives are uncertain and worrying. Our health and that of our loved ones, our financial situation, our limited social interaction, and many other concerns are on our mind. This can obviously cause higher levels of anxiety and the way we all cope with this varies from person to person. The aim of this document is to list a number of websites and organisations which are there to support our mental health and wellbeing, particularly at this time. The children we work with will also be living in different circumstances than usual, and it is important for us to acknowledge their feelings and questions, and support them as best we can. You may also wish to share this information with the parents and carers you work with, along with your colleagues and friends. Our hope is that through the information found in the websites below, it will enable you to take care of your mental health and wellbeing and provide avenues for further support should you need it.

Support for adults.

<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>

A wide range of information on looking after your mental health and wellbeing, including advice for people with existing mental health needs.

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Advice on looking after your mental health during the corona virus outbreak.

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

10 tips to help if you are worried about coronavirus

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

Support for your wellbeing through the coronavirus outbreak, including [Practical advice for staying at home](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#PracticalAdviceForStayingAtHome) and [Support for work, benefits and housing](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#SupportForWorkBenefitsAndHousing)

<https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html>

General advice, but contains links to additional information on relaxation techniques and breathing exercises, and managing OCD.

<https://www.bbc.co.uk/news/health-51873799>

News article on protecting your mental health

<https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876996/Easy_read_looking_after_your_feelings_and_body.pdf>

A simple information guide to looking after your mental and physical health during the corona virus outbreak.

Support for children.

<https://www.childrenscommissioner.gov.uk/coronavirus/>

Contains information for parents, settings, and useful resources to use with children.

<http://home.nottscc.gov.uk/media/2885037/ccochildrensguidetocoronavirus.pdf>

Information for school age children about the corona virus, which could be adapted to use with young children.

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

Tips for talking to children about the coronavirus.

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Lots of information on supporting children’s mental health during periods of disruption.

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

Support for helping children who are anxious

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-advice-for-families-staying-at-home/>

Advice for looking after your family’s mental health while staying at home