

# COVID-19

We appreciate these are incredibly difficult times for both yourselves and our children and we know how important it is to support our children's mental health and wellbeing. We have included some useful websites, which offer support through these unprecedented times.

- <https://www.nhs.uk/oneyou/every-mind-matters/>
- <https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus-A-Book-for-Children.pdf>
- <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>
- <https://www.nhs.uk/change4life>
- <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>
- <https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/>
- <https://www.childline.org.uk/>
- <https://www.childrenssociety.org.uk/coronavirus-information-and-support>
- <https://mentalhealth.org.uk/coronavirus/talking-to-children>
- <https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf>
- <https://drive.google.com/file/d/1kopkThITulvym4u38iRkPBynUG8X2HRv/view>
- <https://www.youtube.com/watch?v=9OS8vbjr2-Q&feature=youtu.be>
- [https://youngminds.org.uk/?gclid=EAlaIQobChMI\\_7yuzce66AIVzLTtCh1pFA92EAAAYASAAEgJfP\\_D\\_BwE](https://youngminds.org.uk/?gclid=EAlaIQobChMI_7yuzce66AIVzLTtCh1pFA92EAAAYASAAEgJfP_D_BwE)
- <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>