

And regional NHSE have sent this
Dear All

Am sharing some useful resources from various colleagues for families and schools to use during the period of closure and general support during this time:

- 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)
- 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>
- Amaze - information pack for parents
<https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-sensory-needs/>
- 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.

Please feel free to circulate.

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Kind Regards

Laura Whixton

Quality Improvement Manager

CYP Mental Health Clinical Network

NHS England and NHS Improvement – (NE & Yorkshire) | Oak House | Rotherham | S66 1YY