Covid-19 Resources for Carers / Young People

1. Anna Freud – National Centre for Children and Families advice on Coronavirus:

https://www.annafreud.org/coronavirus/

2. Anna Freud – Resources for Self-Care Activities

https://www.annafreud.org/on-my-mind/self-care/

3. British Association for Counseling Psychotherapy (BACP) – coping with 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/?dm_i=43MR,SZ24,3RGWSE,3HKDZ,1

4. Carers UK – Corona Virus Guidance:

https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19?dm_i=43MR,SZ24,3RGWSE,3HKE6,1

5. Place 2Be Improving Children's Mental Health - Coronavirus: Helpful information to answer questions from Children:

https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/?dm_i=43MR,SZ24,3RGWSE,3HKE4,1

6. Child-friendly cartoon (available in a number of languages) explaining Covid-19 and safety measures

https://www.mindheart.co/descargables

7. Mental Health Foundation: Talking to you children about scary world news

https://www.mentalhealth.org.uk/publications/talking-to-your-children-scary-world-news

8. World Health Organization : Coping with stress during the 2019-nCoV outbreak:

https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2

9. Young Minds: Looking after your mental health whilst self-isolating:

https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/

10. Mind: Coronavirus and your well-being

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