

Wellbeing Resources

*To access resources hold down the **Ctrl** button and click the hyperlinks*



Managing Mental Health

[Anna Freud Centre - We All Have Mental Health](#) and [Supporting Young People](#)

[Explaining Anxiety \(Fight/Flight/Freeze\) - Teenagers or Children](#)

[Mental Health Foundation - Looking after your mental health during the Coronavirus](#)

[BACP - Coronavirus anxiety: How to cope if you're feeling anxious about Coronavirus](#)

[4-7-8 Breathing Exercise](#) and [Progressive Muscle Relaxation](#)

[The Children's Society: Mental Health and Coronavirus Info and Support](#)

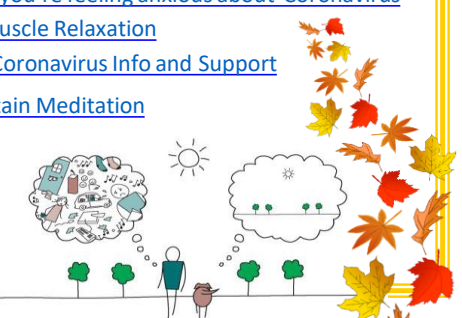
[3 Minute Body Scan Meditation](#) and [Mountain Meditation](#)

[Mental Health - Break the Stigma](#)

[ChildLine - How to Cope with Anxiety](#)

[Mind - Coronavirus and your wellbeing](#)

[NHS - Every Mind Matters](#)



Mind Full, or Mindful?

Useful Contacts & Online Services

[CCS Children's Services Duty Line: 0300 029 5050](#)

→ [ChatHealth \(Parents & Carers\): 07520 649 887](#)

→ [ChatHealth \(ages 11-19\): 07480 635 443](#)

[First Response Service \(Mental Health Crisis\): 111, Opt. 2](#)

[YoungMinds Crisis Messenger \(Young People\): 85258](#)

→ [YoungMinds Parents Helpline: 0808 802 5544](#)

[Kooth \(Young Peoples Online Messaging Service\)](#)

[CHUMS: Referrals](#)

[Keep Your Head - Young People or Adults](#)

[Stop, Breathe & Think App](#)

[Centre33 \(Fullscope\): 0333 4141809 / Text: 07514 783745](#)

[Headspace App](#)

[Samaritans: 116 123](#)

[Men's Health Forum](#)

[CalmHarm App](#)

[Anna Freud - On My Mind](#)

[Cosmic Kids - Yoga](#)

[Healious: Think Ninja App](#)

[Fablefy - The Whole Child: Relaxation and Meditation](#)

[OCD UK - Support for OCD during Coronavirus](#)

[Heads Together - Resources for Wellbeing](#)

[DownDog Yoga & Fitness](#)

[ChildLine: 0800 1111](#)

[Calm App](#)

[Youthoria](#)

[Family Lives](#)

Wellbeing

Young People's Support



Health and Home

[MENCAP - Info about Coronavirus](#)

[CarersUK - Info for Carers and Young Carers](#)

[Hand Washing and How Germs Spread](#)

[Sensory Integration - Handwashing](#)

[How to Wash Hands](#)



Talking About Covid-19

[FACE COVID - How to Respond Effectively to the Corona Crisis](#)

[YoungMinds - What to do if you're anxious about Coronavirus](#)

[Nurse Dotty Books - Dave the Dog is worried about Coronavirus](#)

[MindHeart - CoviBook \(available in multiple languages\)](#)

[ACAMH - Dr Jon Goldin on the Corona Virus and child mental health](#)

[RedCross - Understanding Coronavirus](#)

[Carol Gray - Covid-19 Social Story](#)

[Explaining Covid-19](#)

[BrainPop - Coronavirus Video](#)

[Newsround](#)

→ [How to cope when you cant go to school because of Coronavirus](#)

→ [Advice if you are worried about Coronavirus](#)

[National Autistic Society - Coronavirus Support and Information](#)

[Babcock - Supporting Schools, Parents/Carers and Pupils](#)

