



## Useful wellbeing resources for students and parents during the coronavirus outbreak

### **Support for students**

Online support for young people - <https://www.kooth.com>

Mental health advice for young people - <https://www.youngminds.org.uk>

Support for children regardless of the issue - <https://www.childline.org.uk> and Helpline 0800 1111

Support for anyone having a difficult time - <https://www.samaritans.org/>

Mental Health advice for young people during the COVID-19 pandemic - <https://www.mentalhealth.org.uk/coronavirus/coping-coronavirus-guide-young-people>

A selection of self-care strategies that have been developed by young people to help manage their own wellbeing - <https://www.annafreud.org/on-my-mind/self-care/>

### **Support for parents**

Staying at home mental health tips from the NHS - <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Emotional health resources for young people and parents in Lincolnshire - <https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/coronavirus-informationresource-hub>

COVID-19 Advice and support for parents from the NSPCC - <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

How to keep your child safe online and what to do if you have a concern – <https://www.thinkuknow.co.uk/parents/>

Video guidance for parents and carers about how they can support themselves and their children during any disruption caused by the coronavirus - <https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be>

Support for bereaved children and families or those apprehensive about or anticipating bereavement <https://www.childbereavementuk.org/pages/category/coronavirus>

Lincolnshire Child and Adolescent Mental Health Service CAMHS - <https://www.wearecamhslincs.nhs.uk>

Government advice on supporting young people - <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>