

Please see below for some links sent from the CYP Mental Health Clinical Network NHS England.

- ❖ 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-send-brighton-hove/>
- ❖ [Public Health England](#) have produced an easy read version of their [Advice on the coronavirus for places of education](#). You can download it [here](#)

Links below are a number of resources that have been share 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.