

# Mental Health Resources List

## Parent Carers



Resource	Produced by	E-mail address	Notes
Resources to boost your child's wellbeing during the Covid-19 lockdown	Partnership for Children	<a href="https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html">https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html</a>	These activities are based on our Skills for Life programmes. Use them to help your child find healthy ways to deal with their feelings and reactions to the Covid-19 situation.
10 tips to help if you are worried about coronavirus	Every Mind Matters	<a href="https://tinyurl.com/ybudu3jm">https://tinyurl.com/ybudu3jm</a>	10 simple things you can do to help you take care of your mental health and wellbeing
10 Ways for parents to help their children cope with change	Mentally Healthy Schools & Anna Freud Centre	<a href="https://www.mentallyhealthyschools.org.uk/resources/10-ways-for-parents-to-help-their-children-cope-with-change/">https://www.mentallyhealthyschools.org.uk/resources/10-ways-for-parents-to-help-their-children-cope-with-change/</a>	10 top tips aimed at parents can provide a starting point for helping children struggling with a change in their life.
Coronavirus: wellbeing activity ideas for families	Place2Be	<a href="https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/">https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/</a>	A list of recommended resources for families from some of our trusted partner organisations.
Supporting Your Child During The Coronavirus Pandemic	Young Minds	<a href="https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/">https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/</a>	Tips, advice and where to get support for your child's mental health during the coronavirus (COVID-19) pandemic

Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) pandemic	Department for Education	<a href="https://tinyurl.com/tq8daw8">https://tinyurl.com/tq8daw8</a>	This advice is to help adults with caring responsibilities look after the mental health and wellbeing of children and young people, including those with additional needs and disabilities, during the coronavirus (COVID-19) pandemic.
Mental health advice for parents during coronavirus	Parent Club	<a href="https://www.parentclub.scot/articles/mental-health-advice-parents-during-coronavirus">https://www.parentclub.scot/articles/mental-health-advice-parents-during-coronavirus</a>	Tips to look after your mental health
COVID-19 - resources for parents and carers	The Royal College of Paediatricians and Child Health	<a href="https://www.rcpch.ac.uk/resources/covid-19-resources-parents-carers">https://www.rcpch.ac.uk/resources/covid-19-resources-parents-carers</a>	
The sooner, the better	Action for Children	<a href="https://tinyurl.com/ybpr5dc3">https://tinyurl.com/ybpr5dc3</a>	Spotting the signs of mental health issues in your child and what to do to help
Coronavirus resources for children and families	Sheffield Children's NHS	<a href="https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/">https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/</a>	