

Coronavirus: Mental Health & Wellbeing - A guide for Children, Young People & Families

How to speak to your child or young person about the corona virus outbreak

Free to download - information book explaining Covid-19 to children illustrated by Axel Scheffler:

- <https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>
- Listen to the podcast: <https://emergingminds.org.uk/podcast-how-can-we-best-support-children-and-young-people-with-their-worries-and-anxiety/>
- <https://www.acamh.org/podcasts/dr-jon-goldin-on-the-coronavirus-and-child-mental-health/>
- Watch this video: <https://vimeo.com/399311004>

Some useful materials in how to speak to your child about corona virus:

Visit these websites for child friendly advice on coronavirus:

- <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>
- <https://young.scot/campaigns/national/coronavirus>

Managing you and your child's feelings about coronavirus

- Listen to the podcast or read this advice at: https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf
- Designed for teens and young adults with anxiety, this app looks to change how think about anxiety rather than avoid anxious feelings: <https://www.anxietycanada.com/resources/mindshift-cbt/>

The following websites may be able to offer some support and guidance during Coronavirus:

- [Childline](#)
- [Young Scot](#)
- [Young Minds](#)
- [Mind](#)

The following apps also me be able to help with any worries you may have:

- [Mindshift CBT](#) - for anxiety
- [HospiChill](#) - for anxiety and relaxation
- [Calm Harm](#) - for self-harm
- [BlueIce](#) - for managing emotions and self-harm
- [Cove](#) - for using music to express how you feel
- [Smiling Mind](#) - to help de-stress and stay calm

If you need to talk to someone, call

- Childline 0800 1111
- Parentline 08000 28 22 33 or
- Breathing Space 0800 83 85 87

The following websites are all good sources of advice in how to support children and young people through the corona virus outbreak:

- <https://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/cat/support-for-families-about-coronavirus>
- <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>
- <https://youngminds.org.uk/blog/>
- <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>
- <https://young.scot/campaigns/national/coronavirus>

For more help and support:

- <https://www.youtube.com/watch?v=BmvNCdpHUYM>

Supporting children with additional support needs through self-isolation:

A guide for children with autism:

- <https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/>
- Watch this clip:
<https://www.youtube.com/watch?v=dXPtqmHKNoE&feature=youtu.be>

Support and guidance in explaining coronavirus and self-isolation to a child with ADHD

- <https://www.additudemag.com/explain-coronavirus-covid-19-anxiety-adhd-child/>

How to support a child with previous experience of trauma during this period:

- <https://www.youtube.com/watch?v=2nLF0wdoSJ0&feature=youtu.be>

A child friendly video in how to manage stress and worries:

- <https://www.youtube.com/watch?v=n1oolOMoFts>

A child friendly breathing exercise:

- <https://www.youtube.com/watch?v=n1oolOMoFts>

Update from colleagues from CAMHS: 10.4.20

Vulnerable children with Mental Health Disorders

Health services including CAMHS continue to offer support, prioritized for emergency or urgent consultations by phone or video. New referrals can be made to the service and phone support is available from CAMHS to those professionals working with vulnerable children who also present with mental health disorders.

Asthma UK - video on how to use inhalers:

- <https://www.asthma.org.uk/advice/inhaler-videos/>