

National Coronavirus resources aimed at children, young people and parents / carers

Coronavirus: children's concerns

Childline has updated its website to include information to support children and young people concerned about coronavirus, The Independent has also published an article on advice from experts about how parents can respond to their children's concerns about coronavirus, and includes a comment from the NSPCC.

Visit Childline: [Worries about the world: coronavirus](#)

News article: ['I went through my 10-year-old's search history and there was coronavirus' :what should parents do about virus fear?](#)

[Helping children cope with stress during the COVID-19 outbreak \(World Health Organization \(WHO\)\)](#)

Easy to use WHO infographic to help recognise symptoms of stress and help children cope with changes due to COVID-19.

[Coronavirus: Helpful information to answer questions from children \(Place2Be\)](#)

Tips and resources to help ease your and children's worries about coronavirus.

[Looking after your mental health while self-isolating \(YoungMinds\)](#)

If you are self-isolating or social distancing because of coronavirus (COVID-19), it is important to look after your mental health. YoungMinds have put together some tips that may help on their website, for example:

- What to do if you're anxious about coronavirus
- Tips for coping with OCD during the coronavirus pandemic
- Looking after your mental health whilst self-isolating

It also includes: information about the YoungMinds Crisis Messenger, which is a free 24/7 support service available across the UK if young people are experiencing a mental health crisis.

- If a young person needs urgent help they can text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are **FREE** from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Talking to a child worried about Coronavirus

The NSPCC has created a new webpage with information and advice for parents or carers who are worried a child or young person may be struggling with their mental health or has anxiety about Coronavirus. The webpage includes information on: talking about feelings and worries; keeping in touch and balancing screen time; ways to create structure and routine; and helping to give children a sense of control.

Read the information and advice: [Talking to a child worried about coronavirus \(COVID-19\)](#)

Supporting children and young people's mental health

The Anna Freud National Centre for Children and Families has published advice and guidance for schools on how to help children and young people in primary, secondary and post-16 settings manage their mental health and wellbeing during times of disruption to their learning.

Read the news story: [Supporting young people's mental health during times of disruption](#)

Read the report: [Supporting school and colleges: a guide to supporting the mental health and wellbeing of pupils and students during periods of disruption \(PDF\)](#)

Emerging Minds

Emerging Minds, in collaboration with the University of Reading and the University of Oxford, has published evidence-based advice for parents and carers supporting children and young people with worries about Coronavirus. A resource list from trusted sources is also available which includes links grouped by age category and resources for children and young people with specific needs. Emerging Minds has also shared a podcast from a recent webinar on supporting children and young people with their worries and anxiety.

Read the news story: [How can we best support children and young people with their worries and anxiety?](#)

Read the advice: [Supporting children and young people with worries about COVID-19 \(PDF\)](#)

Read the resources list: [Recommended resources](#)

Listen to the podcast: [How can we best support children and young people with their worries and anxiety?](#)

Resources: children and young people with autism

The Association for Child and Adolescent Mental Health (ACAMH) has released a podcast for parents and carers about supporting children and young people with autism during the Coronavirus outbreak. The National Autistic Society (NAS) has also published resources for people with autism of all ages.

Listen to the podcast: [Coronavirus, and helping children with autism – Episode 4: Autism, a parents' guide](#)

Read the NAS resources: [Resources for autistic people and families](#)