

### Advice to Support Family Life

Family Lives: <https://www.familylives.org.uk/advice/your-family/family-life/coping-practically-and-emotionally-during-the-covid-19-outbreak/>

NSPCC: <https://www.familylives.org.uk/advice/your-family/family-life/coping-practically-and-emotionally-during-the-covid-19-outbreak/>

Relate Mental Health and Well Being: <https://www.relate.org.uk/relationship-help/covid-19-advice-and-information/mental-health-and-wellbeing>

### Parenting Tips

Family Lives – Parents Together Online: <https://www.familylives.org.uk/how-we-can-help/online-parenting-courses/parents-together/>

Mind Ed for Families: <https://mindedforfamilies.org.uk/young-people/>

### Support from other Parents

Family Lives Forum: <https://www.familylives.org.uk/how-we-can-help/forum-community/>

### Helping your Child with their Mental Health during COVID-19

Public Health England's guidance on supporting children and young people's mental health and wellbeing: <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Anna Freud Centre videos: <https://www.annafreud.org/coronavirus-support/>

Anna Freud Centre Self Care: <https://www.annafreud.org/coronavirus-support/>

Young Minds: <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

Child Line Coronavirus: <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Child Line Calm Zone: <https://www.childline.org.uk/toolbox/calm-zone/>

Partnership for Children Resilience Building Activities:  
<https://www.partnershipforchildren.org.uk/2020/03/Covid-19-Mental-Health-Support-Resources.html>

### Resources to Keep Your Children Entertained

Home Start Activities for Families: <https://www.home-start.org.uk/activities-for-families>

Chatter Pack – A list of boredom busting activities: [https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR1pAJjBLvmeRa\\_JUpSY6ubXSSb0pmkRzYeZtFLcUbKHEjydIIXSAeMPpgM](https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR1pAJjBLvmeRa_JUpSY6ubXSSb0pmkRzYeZtFLcUbKHEjydIIXSAeMPpgM)

DfE Online Resources for Home Education:

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources>

*Mental Well Being for Adults*

Mind – Coronavirus and your wellbeing: <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

Public Health England –Guidance for the Public on Mental Health and Well Being:

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

Every Mind Matters: <https://www.nhs.uk/oneyou/every-mind-matters/>

If you need more help, please contact us at school.

If you would prefer to speak to somebody outside school, **Family Lives helpline** (0808 800 2222) is a free and confidential national helpline service for families. They offer emotional support, information, advice and guidance on any aspect of parenting and family life. Open: Monday - Friday 9am - 9pm and Saturday and Sunday 10am - 3pm.

Young Minds have a parents' helpline (0808 802 5544) and they offer a free and confidential national helpline where advice can be given to parents/carers worried about a child or young person under 25 years old. They can advise on a child's behaviour, emotional wellbeing or mental health condition. Open: Monday - Friday 9.30am - 4pm.