

Wellbeing Resources

*To access resources hold down the **Ctrl** button and click the hyperlinks*

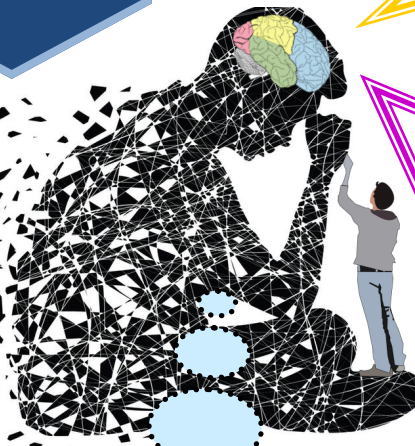


Useful Contacts & Online Services

- [CCS Children's Services Duty Line: 0300 029 5050](#)
- [ChatHealth \(Parents & Carers\): 07520 649 887](#)
- [ChatHealth \(ages 11-19\): 07480 635 443](#)
- [First Response Service \(Mental Health Crisis\): 111, Opt. 2](#)
- [YoungMinds Crisis Messenger \(Young People\): 85258](#)
- [YoungMinds Parents Helpline: 0808 802 5544](#)
- [Kooth \(Young Peoples Online Messaging Service\)](#)
- [CHUMS: Referrals](#)
- [Keep Your Head - Young People or Adults](#)
- [Stop, Breathe & Think App](#)
- [Centre33 \(Fullscope\): 0333 4141809 / Text: 07514 783745](#)
- [Headspace App](#)
- [Samaritans: 116 123](#)
- [Men's Health Forum](#)
- [CalmHarm App](#)
- [Anna Freud - On My Mind](#)
- [Cosmic Kids - Yoga](#)
- [Healious: Think Ninja App](#)
- [Fablefy - The Whole Child: Relaxation and Meditation](#)
- [OCD UK - Support for OCD during Coronavirus](#)
- [Heads Together - Resources for Wellbeing](#)
- [DownDog Yoga & Fitness](#)
- [ChildLine: 0800 1111](#)
- [Calm App](#)
- [Youthoria](#)
- [Family Lives](#)

Wellbeing

Young People's Support



Health and Home

- [MENCAP - Info about Coronavirus](#)
- [CarersUK - Info for Carers and Young Carers](#)
- [Hand Washing and How Germs Spread](#)
- [Sensory Integration - Handwashing](#)
- [How to Wash Hands](#)



Managing Mental Health

- [Anna Freud Centre - We All Have Mental Health](#) and [Supporting Young People](#)
- [Explaining Anxiety \(Fight/Flight/Freeze\) - Teenagers or Children](#)
- [Mental Health Foundation - Looking after your mental health during the Coronavirus](#)
- [BACP - Coronavirus anxiety: How to cope if you're feeling anxious about Coronavirus](#)
- [4-7-8 Breathing Exercise](#) and [Progressive Muscle Relaxation](#)
- [The Children's Society: Mental Health and Coronavirus Info and Support](#)
- [3 Minute Body Scan Meditation](#) and [Mountain Meditation](#)
- [Mental Health - Break the Stigma](#)
- [ChildLine - How to Cope with Anxiety](#)
- [Mind - Coronavirus and your wellbeing](#)
- [NHS - Every Mind Matters](#)



Mind Full, or Mindful?

Talking About Covid-19

- [FACE COVID - How to Respond Effectively to the Corona Crisis](#)
- [YoungMinds - What to do if you're anxious about Coronavirus](#)
- [Nurse Dotty Books - Dave the Dog is worried about Coronavirus](#)
- [MindHeart - CoviBook \(available in multiple languages\)](#)
- [ACAMH - Dr Jon Goldin on the Corona Virus and child mental health](#)
- [RedCross - Understanding Coronavirus](#)
- [Carol Gray - Covid-19 Social Story](#)
- [Explaining Covid-19](#)
- [BrainPop - Coronavirus Video](#)
- Newsround
 - [How to cope when you cant go to school because of Coronavirus](#)
 - [Advice if you are worried about Coronavirus](#)
- [National Autistic Society - Coronavirus Support and Information](#)
- [Babcock - Supporting Schools, Parents/Carers and Pupils](#)

