



Covid19 and children and young people's mental health: useful resources

[FOR CHILDREN AND YOUNG PEOPLE](#)

YoungMinds advice on wellbeing when self-isolating

Young mental health activists have compiled a first-hand advice piece on looking after your mental health while self-isolating.

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

<https://www.bbc.co.uk/newsround/51958714>

<https://www.bbc.co.uk/newsround/51204456>

Rethink Mental illness online hub

A variety of resources for support for the self and others

<https://www.rethink.org/advice-and-information/covid-19-support/>

Mencap

Easy Read guide to Coronavirus

[Read more](#)

Student Minds Advice and support

<https://www.studentminds.org.uk/coronavirus>

The Mix

Information for young people, families and workers can be found here

FOR PARENTS AND CARERS

British Psychological Society guide on talking to children

BPS have acted quickly in producing a guide on the importance of talking to children, and what is best to say here

Carers UK guide

Carers and young carers will face extra challenges during isolation periods, so Carers UK have prepared a guide.

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19/coronavirus-mental-wellbeing>

Practical AAC communication resources

A variety of learning resource tips for those with communication needs, and resources for explaining coronavirus to those with severe communication needs

<https://praacticalaac.org/praactical/praactical-resources-dealing-with-the-covid-19-pandemic/>

<https://praacticalaac.org/praactical/praactical-resources-online-aac-support-for-families-during-school-closures/>

Place2Be

Guide to helping parents answer questions from their children and to support family wellbeing

[Read more](#)

The Great Indoors

National Autistic Society

Covid-19 guidance and helpline for parents, young people and staff

[Read more](#)

Every Mind Matters

Mental wellbeing whilst staying at home – mental health guide from Public Health England.

[Read more](#)

FOR PROFESSIONALS

Working from home and looking after your wellbeing

British Association of Counselling and Psychotherapy have an informative guest blog on being aware of wellbeing while working from home, as many of us now have to do.

Anna Freud national centre for children and families awareness videos

Useful information that members could share, split into young people, carers and school categories. They pick up on areas such as social media's impact, and its potential danger to increase worry.

Centre for Mental Health collection

Centre for Mental Health have compiled resource and links on various aspects of coronavirus affecting us

<https://www.centreformentalhealth.org.uk/coronavirus-update>

British Association of Counselling and Psychotherapy guidance

How to cope if you're feeling anxious about the outbreak

[Read more](#)

MIND

Coronavirus and Your wellbeing- general care advice and resource

[Read more](#)

GENERAL

- **Top tips to promote resilience whilst at home**
- **Housing advice**

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We have pulled together a range
of resources from our members
and others on how we can look
after children and young people's
and your own mental health
during the #COVID19 outbreak.

Take a look here:

cypmhc.org.uk/resources-for-...

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