

UPDATE NO. 17

23rd April 2020

CORONAVIRUS MENTAL WELLBEING EDITION

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As a result of Covid-19, mental wellbeing has become more important than ever with the majority of children and education staff learning and working at home as well as spending their leisure time at home.

This week's 4 page update bulletin will focus on mental wellbeing with information, resources and guidance for teachers, parents and pupils.

Please get in touch if you would like further information about anything in this update or to discuss support for your school or college. I will be available to offer support throughout the Covid-19 closures.

Susan

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TEACHERS & OTHER PROFESSIONALS—own mental wellbeing

- [EVERY MIND MATTERS: What to do if you are worried about Coronavirus](#)
- [MENTAL HEALTH FOUNDATION: How to look after your mental health during the Coronavirus outbreak](#)
- [EDUCATION SUPPORT: Support for staff through the Coronavirus outbreak](#)
- [MENTALLY HEALTHY SCHOOLS \(ANNA FREUD CENTRE\): A guide for school staff for looking after their own and colleagues' wellbeing during periods of disruption](#)
- [IRIS CONNECT: 5 tips to protect your wellbeing while remote teaching](#)
 - [NHS: 5 steps to mental wellbeing](#)
 - [MIND: Coronavirus and your mental wellbeing](#)
- [MENTALLY HEALTHY SCHOOLS \(ANNA FREUD CENTRE\): A guide for school leaders on promoting staff wellbeing](#)

BEREAVEMENT—supporting children

- [CHILD BEREAVEMENT UK: Supporting children bereaved during the Coronavirus outbreak](#)
- [CHILDHOOD BEREAVEMENT NETWORK: Supporting children and young people bereaved during the Coronavirus outbreak](#)
- [WINSTON'S WISH: Supporting children with SEND](#) information about supporting children and young people who have special educational needs and disabilities after the death of a loved one.
- [WINSTON'S WISH: Alternative goodbyes](#) suggestions of ways children can say goodbye to loved ones during the Coronavirus outbreak when attending a funeral isn't possible.

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TEACHERS & OTHER PROFESSIONALS—supporting pupils' mental wellbeing

- [MENTAL HEALTH FOUNDATION: How to look after your mental health during the Coronavirus outbreak](#)
 - [EVERY MIND MATTERS: Looking after children & young people during the Coronavirus outbreak](#)
- [SAFE HANDS, THINKING MINDS: Support for adults and children experiencing stress and anxiety around Coronavirus](#)
- [MENTALLY HEALTHY SCHOOLS \(ANNA FREUD CENTRE\): Covid-19 Toolkits #1, #2, #3](#) collections of resources and websites about staff mental wellbeing, how to support pupils including those with SEND or particular vulnerabilities.
- [MENTALLY HEALTHY SCHOOLS \(ANNA FREUD CENTRE\): A guide to supporting the mental health and wellbeing of pupils during periods of disruption](#)
 - [NSPCC LEARNING: Supporting children with mental health](#)
 - [MENTAL HEALTH FOUNDATION: Talking to children about Coronavirus](#)
- [EMERGING MINDS: Coronavirus podcasts for professionals, parents and carers](#) topics include: Teens, Screens & Quarantines; Social Isolation & Young People's Mental Health; Supporting Parents & Children during Epidemics.
- [MENTAL HEALTH FOUNDATION: Mental Health Awareness Week 18th - 24th May 2020](#) this year's new theme is Kindness during the Coronavirus outbreak.
- [PARTNERSHIP FOR CHILDREN: Wellbeing activities for children during the Coronavirus outbreak](#)
 - [LONDON GRID FOR LEARNING: Coronavirus social stories](#)
- [MIND ED: Free online learning about children and young people's mental health for professionals, parents and carers](#)
 - [BRITISH PSYCHOLOGICAL SOCIETY: Guidance for talking to children about Coronavirus](#)
 - [GOV.UK: Guidance on supporting children and young people's mental health & wellbeing](#)
- [WORLD HEALTH ORGANISATION \(WHO\): Helping children cope with stress caused by the Coronavirus outbreak](#)
 - [ART THERAPY: Activities to do at home](#)

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PARENTS & CARERS

- [PARENT ZONE: How to look after your family's mental health when you're stuck indoors](#)
- [MENTAL HEALTH FOUNDATION: How to look after your mental health during the Coronavirus outbreak](#)
 - [MIND: Coronavirus and your mental wellbeing](#)
 - [NHS: 5 steps to mental wellbeing](#)
- [NSPCC: Advice for parents and carers on coping with lockdown and supporting children's mental wellbeing](#)
- [EAST BERKSHIRE NHS: Your Wellbeing #Coping Guides for Children, Young People and Families](#)
 - [PLACE 2 BE: Answering children's questions about Coronavirus](#)
 - [MENTAL HEALTH FOUNDATION: Talking to children about Coronavirus](#)
 - [YOUNG MINDS: Tips for talking to your child about Coronavirus](#)
 - [BRITISH PSYCHOLOGICAL SOCIETY: Guidance for talking to children about Coronavirus](#)
- [EMERGING MINDS: Coronavirus podcasts for professionals, parents and carers](#) topics include: Teens, Screens & Quarantines; Social Isolation & Young People's Mental Health.
- [WORLD HEALTH ORGANISATION \(WHO\): Helping children cope with stress caused by the Coronavirus outbreak](#)
- [PARTNERSHIP FOR CHILDREN: Wellbeing activities for children during the Coronavirus outbreak](#)
- [MIND ED: Free online learning about children and young people's mental health for professionals, parents and carers](#)
 - [ART THERAPY: Activities to do at home](#)
- [BERKSHIRE HEALTHCARE CHILDREN, YOUNG PEOPLE & FAMILIES SERVICES: Advice for parents, carers and patients during the Coronavirus outbreak](#)

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PUPILS

- [CHILDLINE: Worries about Coronavirus](#) information, advice and coping tips for children and young people who are worried about Coronavirus or struggling with lockdown. There is a direct link on the webpage for anyone not feeling safe at home.
- [EAST BERKSHIRE NHS: Your Wellbeing #Coping Guides for Children, Young People and Families](#)
 - [YOUNG MINDS: Coronavirus and mental health, looking after yourself](#)
 - [YOUNG MINDS: What to do if you're anxious about Coronavirus](#)
 - [CHILDREN'S COMMISSIONER FOR ENGLAND: A children's guide to Coronavirus](#)
- [THE CHILDREN'S SOCIETY: Support for young people concerned about their mental health during the Coronavirus outbreak](#)
 - [RISE ABOVE: Tip for young people on surviving lockdown and other mental health issues](#)
- [SAVE THE CHILDREN: Covibook - Coronavirus explained in story for young children](#) available in several other languages.
 - [KOOTH: Free, confidential online counselling for young people from 11 years old](#)