

Young Minds

1. Young Minds have published great resources and ideas about things adults and young people can do to manage any stress and anxiety they may experience in relation to coronavirus: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-aboutcoronavirus/>
They also have a mental health advice line available for parents operating between 09:30am-4pm, Monday- Friday: 0808 802 5544

2. The following Young Minds link addresses how to look after your mental health when self isolating: <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-selfisolating/>

3. Centers for Disease Control and prevention provide some helpful messages on how to talk to children about Coronavirus: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

4. Every Mind Matters provides general information about looking after your mental health which would be relevant during this challenging time as much as at any other time and provides top tips to improve emotional wellbeing: <https://www.nhs.uk/oneyou/every-mindmatters/>

5. Mind website provides useful information about how to cope if people feel anxious about coronavirus, how to manage staying well at home if being asked to self-isolate and taking care of your mental health and wellbeing among other tips and advice: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

7. Mind Hertfordshire Network provides a crisis helpline for anyone experiencing mental health distress or requiring emotional support and signposting. Professionals, family/ friends can call on someone's behalf with the individual's consent.

Crisis Helpline number: 01923 256 391 or visit <https://www.hertsmindnetwork.org/>

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