

Emotional Wellbeing Support and Resources for Parents/Carers and Children

Resource	Description
<p><u>iCope coronavirus support</u></p> <p>iCope Kingston</p> <p>Adult support</p>	<p>iCope Kingston has a range of services and self-help advice available to support emotional wellbeing.</p> <p>They have a specific section related to coping with coronavirus and signposts to many practical resources including: videos, apps, podcasts and information.</p> <p>You can also make a self-referral to iCope if you are registered with a GP in Kingston and a clinician will respond.</p> <p>If you do not have a Kingston GP and you feel that you need medical intervention for your emotional wellbeing and mental health then we would advise that contact your own GP. Your GP will be able to advise what support is available in your local area.</p>
<p><u>Every Mind Matters</u></p> <p>NHS</p> <p>Adult support</p>	<p>This is the NHS online tool <i>Every Mind Matters</i>. It is a good website with lots of advice for anxiety surrounding coronavirus, tackling sleep problems, and general tips and advice.</p> <p>There is a Mind Plan – you answer questions related to your feelings and symptoms and it will give you specific tips.</p>
<p><u>Coronavirus: resources for mental health and wellbeing toolkits</u></p> <p>The Anna Freud Centre</p> <p>Adult and children support</p>	<p>The Anna Freud coronavirus resources for mental health and wellbeing toolkits have a range of information and resources to support your mental wellbeing during this time. Some resources include video clips, articles and tips.</p> <p>There are three toolkits – some are aimed at children and parents.</p>
<p><u>https://youngminds.org.uk/</u></p> <p>Young Minds</p> <p>Adult and children support</p>	<p>Young Minds has a range of information and services.</p> <p>0808-802-5544 – a parent helpline for advice and support.</p> <p>A support section for parents who are supporting children: <u>https://youngminds.org.uk/find-help/for-</u></p>

	<p>parents/supporting-your-child-during-the-coronavirus-pandemic/</p> <p>General information for young people during coronavirus: https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/</p>
<p>Safe Hands Thinking Minds</p> <p>Adult and children support</p>	<p>This website has masses of general resources to support with emotional wellbeing.</p> <p>There is a specific section dedicated to Covid-19 with lots of free practical resources including podcasts, videos, relaxation activities and booklets.</p>
<p>The National Autistic Society</p> <p>Adult and young adult support</p>	<p>The NAS has specific guidance and tips for adults and children with autism.</p> <p>They have a Covid-19 and Autism Helpline which can be accessed via phone, post or online enquiries. More information can be found here.</p>
<p>UCL guidance for supporting children with SEND at home</p> <p>University College London</p> <p>Adult support</p>	<p>UCL provide information and support for parents of children with SEND and managing the transition to home learning.</p> <p>They provide practical resources and guides.</p>

Some of our favourite resources:

- Coronavirus: A book for children. This is a lovely story aimed at primary aged children to explain coronavirus, lovely illustrations by Alex Scheffler. It can be downloaded to print, to read on a Kindle or to read online:
<https://www.citykidsmagazine.co.uk/2020/04/08/free-downloadable-coronavirus-book-illustrated-by-alex-scheffler/>
- Free videos by Dr Karen Treisman to support relaxation and emotional regulation. Free workbooks, exercise and guides.
<http://www.safehandstinkingminds.co.uk/covid-anxiety-stress-resources-links/>
- Creating a self-soothe box to help a child or person during times of anxiety or panic. See [Youngminds provide guidance](#) for more information.