

# Wellbeing Resources

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



Let's Talk

## Managing Mental Health For Yourself and Others

- [Anna Freud Centre - We All Have Mental Health](#)
- [Mental Health Foundation - Looking after your mental health during the Coronavirus](#)
- [BACP - Coronavirus anxiety: How to cope if you're feeling anxious about Coronavirus](#)
- [Explaining Anxiety \(Fight/Flight/Freeze\) - Teenagers or Children](#)
- [The Children's Society: Mental Health and Coronavirus Info and Support](#)
- [Covid-19 Advice for Teachers and TAs](#)
- [Mind - Coronavirus and your wellbeing](#)
- [ChildLine - How to Cope with Anxiety](#)
- [Mental Health - Break the Stigma](#)
- [NHS - Every Mind Matters](#)



## Support For Teachers & Schools

### Dealing with The Disruptions

- [Anna Freud: Schools In Mind - Supporting School Video](#) and [Documents](#)
- [BPS - Coronavirus and UK school closures: Support for schools and parents/carers](#)
- [3PLearning - Maintaining positive parent relationships during school closure](#)
- [Babcock - Supporting Schools, Parents/Carers and Pupils](#)
- [NASP - Helping children cope with changes resulting from Covid-19](#)
- [NSPCC - Undertaking remote teaching safely](#)
- [Pearson - Supporting UK schools during Coronavirus](#)
- [SouthendLearningNetwork - Online Learning Resources](#)
- [Norfolk County Council - Online Learning Resources](#)
- [TES - Online Learning Resources](#)
- [PSHE Association - Online Learning Resources](#)



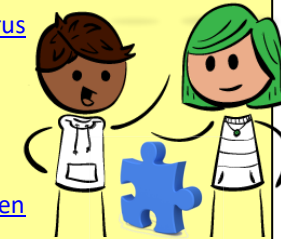
### Health and Working from Home

- [Posture Tips for Laptop Users](#) and [Sitting at a Desk](#)
- [TES - Wellbeing for teachers working from home](#)
- [Hand Washing](#) and [How Germs Spread](#)
- [How to Wash Hands](#)
- [MENCAP - Info about Coronavirus](#)
- [CarersUK - Info for Carers and Young Carers](#)



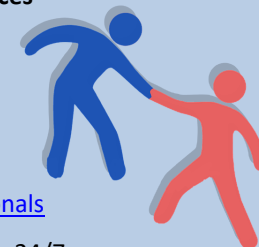
### Talking about Covid-19

- [YoungMinds - What to do if you're anxious about Coronavirus](#)
- [Nurse Dotty Books - Dave the Dog is worried about Coronavirus](#)
- [Wandering Minds - How to talk to kids about Coronavirus](#)
- [MindHeart - CoviBook \(available in multiple languages\)](#)
- [Explaining Covid-19](#)
- [BPS - Talking to children about Coronavirus](#)
- [NSPCC - How to have difficult conversations with children](#)
- [FlourishingFamilies - How to talk to children about Covid-19](#)
- [FACE COVID - How to Respond Effectively to the Corona Crisis](#)
- [UNICEF - How to talk to your child about coronavirus disease 2019 \(COVID-19\)](#)
- [Place2Be - Coronavirus: helpful information to answer questions from children](#)
- [Emerging Minds - Supporting young people with their worries and anxiety?](#)



### Useful Contacts & Online Services

- [CCS Children's Services Duty Line: 0300 029 5050](#)
- Department for Education Helpline: **0800 046 8687**
- Email: [DfE.coronavirushelpline@education.gov.uk](mailto:DfE.coronavirushelpline@education.gov.uk)
- Mon – Fri, 8am - 6pm, and Sat and Sun, 10am - 4pm
- [Keep Your Head - Young People](#) or [Adults](#) or [Professionals](#)
- [Education Support](#): Free confidential support available 24/7
- Helpline: **08000 562 561** / Text: **07909 341 229**
- [First Response Service \(Mental Health Crisis\): 111, Opt. 2](#)



- [Headspace](#): Free for Teachers
- [Stop, Breath & Think](#): Free for Teachers
- [BBC - Support for Teachers](#)
- [Samaritans: 116 123](#)
- [Men's Health Forum](#)
- [Family Lives](#)

