

# Coronavirus: mental health and wellbeing resources

01/04/20

## School staff and carer wellbeing

### **Looking after each other & ourselves - the Anna Freud Centre**

A guide to supporting the mental health and wellbeing of staff at schools and colleges during periods of disruption.

[Go to resource](#)

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### **Supporting staff wellbeing booklet - the Anna Freud Centre**

This booklet offers practical guidance about what school staff and senior leaders can do to support their own and their colleagues' wellbeing.

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### **7 tips for headteachers coping with the coronavirus pandemic - Education Support**

A headteacher shares 7 tips for headteachers and leaders on how to face this incredibly challenging situation in a blog post.

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### **Staff mental health calendar - TheSchoolBus**

This calendar has daily tips for members of staff to try to reduce their work-associated stress and improve their overall wellbeing.

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## **Protecting your mental health - Carers UK**

These tips are designed to help both you and those you care for look after yourselves and protect your mental wellbeing.

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## **Vulnerable children and children with SEND**

### **Supporting children who may be especially vulnerable - Place2Be**

Two Principal Educational Psychologists suggest some ways to support children who may be especially vulnerable at this time.

[Go to resource](#)

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### **Coronavirus information - Makaton**

Information about the coronavirus translated into Makaton symbols.

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### **COVIBOOK - Mindheart**

This illustrated story and workbook is available in 25 different languages and can be printed out for children to draw on. The story anticipates the emotional world of children as they experience coronavirus. It has been created for children age 2-7 but would be appropriate for children with SEND.

[Go to resource](#)

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### **Coronavirus social story - Carol Gray**

This 'social story' has been written to help communicate coronavirus to autistic children, presenting the information in a literal way.

[Go to resource](#)

## **Easy read information on Covid-19 - Mencap**

Mencap have produced an easy read guide to coronavirus which is accessible for people with a learning disability to understand and read.

[Go to resource](#)

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## **Tips for coping with OCD during the coronavirus pandemic - YoungMinds**

A blog post about how a young person with OCD has experienced coronavirus and some tips on how to cope.

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## **Tips for coping - OCD Action**

OCD Action has put together some helpful tips for those struggling during this particularly challenging time.

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## **Coping with an eating disorder during coronavirus - YoungMinds**

Hope Virgo, an author and mental health campaigner, shares advice on how to deal with coronavirus, which may pose unique challenges for people with eating disorders.

[Go to resource](#)

## **More resources for anxiety and wellbeing**

### **Resources for anxiety, stress and Covid-19 - Safe Hands Thinking Minds**

Some resources to support children and adults around anxiety, worry, stress, and fears; including specific Covid-19.

[Go to resource](#)

## How to keep mentally healthy during uncertain times - Action for Happiness

These ideas and examples can help you find ways to look after your wellbeing during the coronavirus outbreak.

[Go to resource](#)

## 5 tips for staying mentally well - Dr Pooky Knightsbridge

A video by Dr Pooky Kinightsbridge where she discusses the various ways you can look after your mental health at this time.

[Go to resource](#)

## Helplines

**SHOUT** - text 'Shout' to 85258 for 24/7 crisis text support

**Childline** - under 19s can call 0800 1111 for free, confidential support

**Education Support** - school staff can call 08000 562 561 or text 07909 341229 for 24/7 help and advice

## Other helpful toolkits:

- **Responding to the coronavirus: resources for mental health and wellbeing (19/03/20)**
- **World Mental Health Day 2019**
- **Winter Wellbeing**