

## **Resources to support parents and families during the current Co-Vid Crisis**

<https://www.camhs-resources.co.uk/downloads>

Support for pupils and families- mental health and well-being

A free online book has been published.

<https://literacytrust.org.uk/family-zone/9-12/book-hopes/> It aims to support children during lockdown.

[www.youtube.com/user/CosmicKidsYoga](http://www.youtube.com/user/CosmicKidsYoga)

<http://youngminds.org/>

<http://riseabove.org.uk/topic/my-mind/>

<https://kooth.com/>

[www.mymind.org.uk](http://www.mymind.org.uk)

[www.camhs-resources.co.uk](http://www.camhs-resources.co.uk)

[www.greatmindstogether.co.uk](http://www.greatmindstogether.co.uk)

<http://goodthinkingpsychology.co.uk> Managing children's emotions during lockdown

<http://learning.nspcc.org.uk/child-health-development/child-mental-health>

[www.bbc.com/ownit](http://www.bbc.com/ownit)

## **Support for pupils and families-bereavement and behaviour**

### **Bereavement**

[www.winstonswish.org](http://www.winstonswish.org)

<http://childhoodbereavementnetwork.org.uk/help-around-a-death/what-you-can-do/for-young-people.aspx>

<http://theyarethefuture.co.uk/coronavirus-loss-grief>

### **Behaviour**

[www.starline.org.uk](http://www.starline.org.uk)

Routine (the EEF has a parent guide on this)