



Mental Health and Wellbeing



CAMHS resources

A really helpful website which includes, downloadable self-help activities, information guides, videos and more

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

Supporting your child during the coronavirus outbreak

Government guidance on supporting children and young people's mental health during the coronavirus

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Many ways to share a hug' - Social Story

https://www.childhood.org.au/app/uploads/2020/04/hug_HR.pdf

Ten tips for talking to your child

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/#ten-tips-from-our-parents-helpline>

How to tell children and young people that someone is seriously ill

<https://www.winstonswish.org/telling-children-young-people-serious-illness/>

A lovely, printable 14 day mindfulness activity challenge

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Coronavirus-home-challenge.pdf>

A coronavirus story

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Coronavirus-story-for-children-1.pdf>

Dr Chris and Dr Xand are here to tell you why the coronavirus might not be as scary as it sounds.

<https://www.bbc.co.uk/newsround/51342366>

Action for Happiness - Coping Calendar

<https://www.actionforhappiness.org/calendars>



Calming Activities, Mindfulness, Breathing, Yoga Videos and More...

Childline Calm-Zone

<https://www.childline.org.uk/toolbox/calm-zone>

An activity for grounding and calming



Just Breathe- A video aimed at children to help them feel calmer

<https://www.youtube.com/watch?v=RVA2N6tX2cg+A+video+aimed+at+children+to+help+them+feel+calmer>

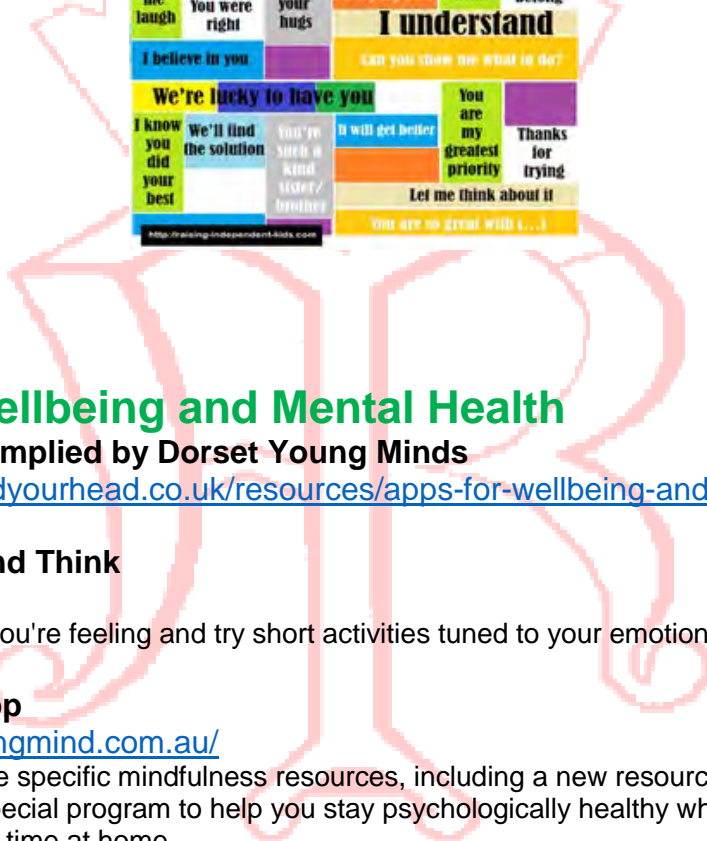
150 Sensory Learning Ideas

<https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas/>



'100 positive things every kid needs to hear'

<https://raising-independent-kids.com/100-positive-things-every-kid-needs-hear/>



A list of apps complied by Dorset Young Minds

Stop, Breathe and Think

Check in with how you're feeling and try short activities tuned to your emotions

<https://www.smilingmind.com.au/>

Cosmic Kids Yoga and Mindfulness App

This app often has a two week trial available

Samaritans - Call 116 123 or email jo@samaritans.org (24 hours a day, 365 days a year)

Denise Morgan January 2021

Childline - Call 0800 1111 (24 hours)

Comforts, advises and protects children 24 hours a day and offers free confidential counselling.

NSPCC Helpline - Call 0808 800 5000 or email help@nspcc.org.uk

If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.

CALM Helpline - Call 0800 58 58 58

<https://www.thecalmzone.net/>

Confidential support for men, 7 days a week, 5pm to midnight, free

