

Supporting children and young people's mental health during the Covid-19 pandemic: April 2020

Issue 2

Introduction

This fortnightly bulletin contains a list of resources to support parents, carers, schools, colleges and children and young people during this Covid19 pandemic. It's important to look after our mental health during this time especially as the measures in place to keep us safe may limit our usual actions to respond to stress. Fear for our loved ones, social distancing and self-isolation bring unprecedented challenges to our wellbeing, and our children and young people will be feeling this too as they learn to adapt to the new measures in place. We hope that some of the resources below will be useful in conversations about Covid-19 and the measures in place, as well as in supporting children and young people understand their emotions during this time.

The pressures placed on parents and carers at this time will likely be overwhelming – many are trying to continue working from home while looking after young children as well as encouraging them to ensure their school work is completed. These are extraordinary demands and it would be unreasonable to assume that they are manageable. We hope the below resources will be of some help.

General advice including explaining Covid-19 to children

- Attitude – [how to explain coronavirus to a child with anxiety or ADHD](#)
- Children's Commissioner's Office – [children's guide to coronavirus](#)
- Child Mind Institute: [talking to your child about coronavirus - kids worry more when they're kept in the dark](#)
- Emerging Minds – [talking to your child about coronavirus video](#)
- NHS - [Childrens Coronavirus Fact Sheet.pdf](#)
- NSPCC - [advice if you're worried about a child or young people mental health or anxiety about coronavirus](#)
- Young Minds – [talking to your child about coronavirus](#)
- The British Psychological Society - [talking to children about illness](#)
- The Children's Society - [talking to teenagers about coronavirus](#)
- Unicef - [8 tips to help comfort and protect children when talking about coronavirus](#)
- World Health Organisation - [children's story book](#)
- Youth work support - [coronavirus support for young people](#)

For advice about children and young people's mental health services during the pandemic, email: kentcyp.supportinfo@nhs.net

Wellbeing advice

- Anna Freud - [resources to support young people's mental health during periods of disruption](#)
- Anxiety UK – [coronxiety support and resources](#)
- Kent County Council – [looking after your mental health during coronavirus](#)
- NELFT video – anxiety: [youtube.com](#)
- NELFT video - emotional regulation and relationships: [youtube.com](#)
- NELFT video – sleep: [youtube.com](#)
- NHS One You – [Every Mind Matters support and resources](#)
- Place to Be – [updates, advice and support](#)

Speak to someone

- Fegans – [online counselling for teenagers](#)
- Kent Together - a 24 hour helpline has been set up to support vulnerable people in Kent who need urgent help, supplies or medication, visit: [Kent together](#) or call: 03000 41 92 92
- Kooth - online counselling for 10-16yr olds: [kooth.com](#)
- NELFT Single Point of Access – if you have worries about your mental health and you are not currently under the care and treatment of one of our mental health services, please call 0300 123 4496
- NHS - mental health helplines: [nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines](#)
- Porchlight Be You Project – support for 8-25 year olds from the LGBT+ community and parents and carers: [thebeyouproject.co.uk](#)
- Samaritans: call us for free on 116 123 or email jo@samaritans.org
- Shout – crisis support, text 'Kent' to 85258
- Young Minds – support and advice via the parents helpline: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

Advice for parents and carers

- Anna Kennedy online - [autism and coronavirus](#)
- BBC - parenting podcast, children and coronavirus: <https://www.bbc.co.uk/sounds/play/p085rjkm>
- Coronavirus anxiety workbook for adults - a tool to help you build resilience during difficult times: thewellnesssociety.org/free-coronavirus-anxiety-workbook
- Council for Disabled Children - [collection of resources for public facing and professional use](#)

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- Family Lives – coping practically and emotionally:
<https://www.familylives.org.uk/advice/your-family/family-life/coping-practically-and-emotionally-during-the-covid-19-outbreak/>
- Headstart Kent – [how to support your child’s resilience during this time](#)
- Information, Advice and Support Kent (IASK) - helpline and video meetings for children and young people with special educational needs and disabilities and their parents iask.org.uk
- Kent County Council - [health and social care information during the coronavirus pandemic](#)
- NSPCC – Covid-19 resources for parents and carers:
<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>
- NSPCC – online safety tips for young people: <https://www.nspcc.org.uk/keeping-children-safe/online-safety>
- OCDUK – coronavirus support: <https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>
- Place to Be - [wellbeing activity ideas for families during coronavirus outbreak](#)
- Public Health England - [guidance for parents and carers on supporting children and young people’s mental health and wellbeing during the coronavirus \(COVID-19\) pandemic](#)
- Royal College of Paediatrics – [advice for parents with an unwell or injured child](#)
- Single Parents on Holiday - [Covid-19: practical tips for single parents during lockdown](#)
- The Autism Apprentice - working with families with a young person with autism, working remotely via email, video call or social media: autismapprentice.co.uk
- The Mighty – [support and advice about routine and disruption with a child with autism](#)
- The Royal College of Paediatrics and Child Health – [Covid-19 resources for parents and carers](#)
- Young Minds - <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic>
- Young Minds – support and advice via the parents helpline:
<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

Support for schools and colleges

- Anna Freud – support for schools and colleges during times of disruption booklet
<https://www.annafreud.org/media/11160/supporting-schools-and-colleges.pdf>
- Department for Education - [supporting vulnerable children and young people during the coronavirus outbreak](#)

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- Department for Education - [resources on supporting and promoting mental wellbeing](#). An online educational package via BBC Bitesize and social media channels.
- Department for Education - [guidance about safeguarding children](#) in all education settings during COVID-19 includes information on mental health and signposts to [guidance on mental health and behaviour](#).
- KCHFT - support for schools: <https://www.kentcht.nhs.uk/service/school-health/support-for-schools/covid-19-faqs-for-schools>
- Place to Be - [wellbeing activities for schools during coronavirus outbreak](#)
- Unicef – advice for teachers: <https://www.unicef.org/coronavirus/how-teachers-can-talk-children-about-coronavirus-disease-covid-19>

Support for children and young people under the care of specialist mental health services including those with autism/ADHD

- KMPT services kmpt.nhs.uk/information-and-advice/coronavirus-covid-19
- Kent Community Health Foundation Trust FAQs kentcht.nhs.uk/service/school-health/covid-19-faqs-for-parents
- Kent County Council – guidance for families with SEND during Covid-19 outbreak <https://www.kent.gov.uk/education-and-children/special-educational-needs/guidance-for-families-during-covid-19-outbreak>
- Kent County Council - coronavirus service updates: kent.gov.uk/social-care-and-health/health/coronavirus/coronavirus-service-updates
- National Autistic Society- support during Covid-19: autism.org.uk/services/helplines/coronavirus/resources.aspx
- NELFT - <https://www.nelft.nhs.uk/kent-cypmhs-get-in-touch>