Supporting young people and families

Mental Health and Well-being - Updated helpline numbers during COVID19.

Rise Above

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

Videos and tips on gaining confidence, dealing with anxiety and coping strategies

MindEd

<https://www.minded.org.uk/>

Resource for adults to support young people and children’s mental health

British Psychological Society – Advice on dealing with school closures and talking about COVID19.

<https://www.bps.org.uk/news-and-blogs>

Childrens Society – Information and guidance of different aspects of mental health

<https://www.childrenssociety.org.uk/coronavirus-information-and-support>

Supporting mental health and well being