

## COVID-19: Resources for Parents/Carers

In the light of school closures, we wanted to provide a range of advice and resources for parents/carers.

We are keen to signpost you to resources that start valuable conversations with your children and young people, providing tested tools to maintain wellbeing at a time of concern and anxiety for many families.

In this document we have included some resources that will allow children to continue learning at home.

### **National Advice (Please note this advice will be continually updated as new information emerges):**

- [NHS Information and Advice](#)
- [NHS Self-Isolation Information and Advice](#)
- [Great Ormond Street Hospital COVID-19: Information for Children, Young People and Families](#)
- [GOV.UK COVID-19 Guidance for Educational Settings](#)
- [Department of Health & Social Care: Coronavirus](#)
- [Coronavirus Health Advice for People with Asthma](#)
- [PHE Guidance](#) - Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak (Updated 30 March 2020)
- **The Department of Education have setup a dedicated helpline to answer questions about Coronavirus (COVID-19) related to education**  
Staff, parents and young people can contact the helpline as follows:  
Phone: 0800 046 8687  
Email: [DfE.coronavirushelpline@education.gov.uk](mailto:DfE.coronavirushelpline@education.gov.uk)  
Opening hours: 8am to 6pm (Monday to Friday)
- **Home Office guidance on [Support for Parents and Carers to Keep Children Safe Online](#).**
- **Department for Digital, Culture, Media & Sport on [Coronavirus \(COVID-19\): Staying Safe Online](#)**

### **\* NEW UPDATES 18th May 2020\***

#### Safe Zone

Crisis support for 11-17 year olds in Leeds. Initially it was drop-in support in three areas of the City of Leeds; Halton, Beeston and the City Centre. Due to COVID-19, support is currently offered remotely, in the form of 30 minute one-to-one telephone support session with an experienced crisis support worker. To make a referral call 0113 819 8189, the phone line will be open 17:00-20:30pm and referrals run on a first come, first served basis.

#### **They can help if:**

- You're in Crisis
- You're finding it hard to cope with life
- You're feeling desperate, angry, lonely, anxious or depressed.
- You feel there is nowhere to turn
- You feel like you can't go on living
- You're feeling confused or finding it hard to think straight
- You're feeling unsafe
- You just want to talk

**They can offer:**

- Someone who will listen with warmth, acceptance, and understanding
- A chance to look at ways of keeping yourself safe.
- Information about other support services and longer term other services.
- Support with looking at your opinions and finding your own solutions to your problems.
- A safe space where you can have feel you are free.
- Emotional and practical support that is non-judgmental and confidential on any issue young people wish to bring.
- **Support to parents and carers if the young person is being supported there.**

[Children's story book released to help children and young people cope with COVID-19: News release of the Inter-Agency Standing Committee](#)

A new story book that aims to help children understand and come to terms with COVID-19 has been produced by a collaboration of more than 50 organizations working in the humanitarian sector, including the World Health Organization, the United Nations Children's Fund, the United Nations High Commissioner for Refugees, the International Federation of Red Cross and Red Crescent Societies and Save the Children.

**Live daily cook-alongs**

Professional Chef, Jack, from Bite Back 2030 is still providing live daily cooking sessions for children, young people and parents. The recipes are all designed to be low cost and simple to join in with. All recordings and recipes are shared so you can catch up on each day. This is a great resource to share with your students and available at <https://www.youtube.com/c/biteback2030>

**\*Updates 12<sup>th</sup> May 2020\*****Online Safety Advice**

We know that the potential for exploitation will currently be at its highest. Children will increasingly be using social networks to reach out to others and with that there will be an increased risk of susceptibility to fake news and online harms including grooming, radicalisation, exploitation, and bullying. Digital literacy and critical thinking skills are vital. Here are some resources to support you in this area :-

[BBC Bitesize: Fact or Fake](#)

Lots of activities and resources related to fake news and COVID-19.

[ShoutOut UK](#)

Free weekly resources on online harms, conspiracy theories, how to spot fake news and deal with trolls.

[National Literacy Trust](#)

Fake news and critical literacy resources, including lesson plans for different subject areas (pdfs can be found at the end of the page).

[Full Fact Toolkit](#)

How to check if something is a fact or fake news.

[Infotagion](#)

Fact checking in relation to COVID-19.

### [Video chatting: a guide for parents and carers](#)

Video chat can be a great way for young people to feel close to their friends during this unsettling time, so long as they're having a positive experience when using it.

Here's how to help children of different ages get the most from their video chatting experiences (including Zoom, FaceTime, Houseparty, Skype or WhatsApp)

- [Advice for parents of primary school-aged children](#)
- [Advice for parents of secondary school-aged children](#)

### [Forward Leeds Coronavirus Resources](#)

**Forward Leeds** is supporting young people in Leeds to stay safe with a set of specially designed animations made to be shared on social media. The animations, created in partnership with Public Health in Leeds, are intended to support messaging about harm minimisation for young people who use drugs/alcohol, and to reduce the risk of COVID-19 infection among young people who are using drugs.

## Physical Activity

**Lawn Tennis Association** [LTA: Tennis for Britain](#) Using a set of resources created by the **Lawn Tennis Association** you can improve your tennis skills any time, any place, with their Home Activities hub. It's full of free activities for the whole family. The hub is made up of 4 areas

1. Tennis exercises
2. Activity Cards
3. Personal development Challenges
4. Cross Curricular Learning Activities

### [Daily Mile at home](#)

**The Daily Mile** team have adapted their guidance for schools so that it can also be used at home. The aim is to produce the same benefits which come from 15 minutes or more of walking, running or jogging in the fresh air - doing it at whatever pace suits you best.

### [Activity Alliance](#)

**Activity Alliance** have compiled a list of exercise advice, workouts, videos and activity guides to support disabled people to move more while at home.

**\*Updates 4<sup>th</sup> May 2020\***

## Mental Health

### [7 Ways to Practice Emotional First Aid](#)

You put a bandage on a cut or take antibiotics for an infection. Here's how you can tend to your emotional health, too.

### [Time to Change: Coronavirus and mental health: Supporting someone during Covid-19](#)

Checking in on your family, friends and colleagues is always important. But during the coronavirus outbreak this will be more important than ever. Time to Change has three top tips to reference.

### [Free meditation via the Headspace and Calm apps](#)

These popular meditation apps normally cost £50-£60/year for a subscription, but they've both released free content specifically to help those struggling with anxiety and stress at this time.

- **Headspace** has a collection called [Weathering the Storm](#), which includes meditations, sleep and movement exercises. It's available on the app (for [iPhone](#) or [Android](#)), or you can access some of the content [via the Headspace website](#).
- **Calm** is offering 'soothing meditations', a 'calm masterclass', 'calm kids' and mindfulness resources. They're available via its website – [see Calm's free content](#).

## Online Safety

### [Online Safety Home Learning Packs](#)

The third Thinkuknow #OnlineSafetyAtHome pack is now available, with new activities for parents and carers to use at home! **Home activity packs:** Each fortnight, a new home activity pack is released, with simple 15 minute activities parents and carers can do with their child to support their online safety at home.

## Healthy Eating

### [#VegRocks Poster Competition](#)

Draw/Paint a picture of your favourite vegetables creating them into fun characters - give them a face, a name, a hat or curly hair - and display them in your window alongside your NHS rainbows and teddy bears.

- **Where/How** - Share on Facebook, Twitter and Instagram tagging **@foodwiseleeds** and **@zestleeds**, be sure to use the hashtag **#vegrocks**.
- To be eligible for prizes, email a photo of your picture, your name, age and address to [admin@zestleeds.org.uk](mailto:admin@zestleeds.org.uk).
- Prizes will be awarded in three age categories, 6 and under, 7-12 and 13+.
- **When** - Competition opens on Monday 20th April to Monday 11th May.
- For more information on the competition and prizes check out the Food Wise or Zest social media pages.

## SEND

### ['Zoom' Yoga With A Difference class \(suitable for those with cerebral palsy, PMLD and neurological differences that require 121 support\)](#)

A yoga teacher who has been teaching yoga to people with differences since 2004. To help keep everybody's bodies and minds healthy and peaceful during these days of isolation, she is offering a 'virtual' Yoga With A Difference class on Tuesdays, 11am-12pm. Leading students and their carers through a series of relaxing movements and breathing practices. This class is suitable for adults and young people with cerebral palsy, PMLD and neurological differences who require 1 to 1 support. If you, or anyone you know, would like to join this class, please follow the link above and the ID/password below:

Meeting ID: 204 730 929

Password: relax

## Helplines/ Advice and Support Websites

[Getaway Girls](#) – Tel 0800 4702240

Getaway Girls empowers young women to build confidence and resilience, develop new skills and take positive risks in an environment which offers co-operation and support.

### **Domestic Violence Signposting**

- [Leeds Domestic Violence Service](#) (open to all genders) - 24 hour helpline 0113 2460401 or email the team [administration@leedswomensaid.org.uk](mailto:administration@leedswomensaid.org.uk) or webchat which can be accessed through their website.
- [National Men's Advice Line](#) – free helpline 0808 8010327 or email [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)
- [GALOP \(LGBT+ Anti Violence Charity\)](#) – helpline 0800 999 5428 or email [advice@galop.org.uk](mailto:advice@galop.org.uk)
- Respect (offers help for domestic abuse perpetrators who want to change) – free helpline 0808 8024040 or e-mail [info@respectphoneline.org.uk](mailto:info@respectphoneline.org.uk)

Additional sources of support including national services and resources relating to domestic abuse are available [here](#) on our website.

### **\*Updates 27<sup>th</sup> April 2020\***

#### **Healthy Eating**

##### [British Nutrition Foundation](#)

The Food for Life Classroom is an online hub offering activity ideas and resources for pupils aged 3 to 16.

#### **Drug and Alcohol Awareness**

##### [Alcohol Education Trust](#)

Online PSHE alcohol awareness resources, games and activities for 11 to 18-year-olds. Above is the teacher and parent link, but there is also a [dedicated pupil page](#).

#### **Mental Health**

##### [Bounce Forward](#)

Online lessons to help parents learn how to help teenage children maintain a positive mental attitude during the lockdown.

##### [World Health Organisation](#)

Advice for parents on how they can best support their children, including ideas for one-on-one time, advice on “keeping it positive”, how to manage stress, talking about Covid-19 and behaviour tips.

##### [National Education Union: Parent/Carer Website](#)

The NEU has a website for parents/carers with advice on exams and assessment, learning outside of school, child wellbeing and mental health, SEND, and communication with schools. The NEU also has recommended resources for parents and tips from its members for home learning.

#### **Helplines/Advice and Support Websites**

##### [Anxiety UK](#)

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm)

##### [Bipolar UK](#)

A charity helping people living with manic depression or bipolar disorder.

### [CALM](#)

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.  
Phone: 0800 58 58 58 (daily, 5pm to midnight)

### [Men's Health Forum](#)

24/7 stress support for men by text, chat and email.

### [Mental Health Foundation](#)

Provides information and support for anyone with mental health problems or learning disabilities.

### [No Panic](#)

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD. Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

### [OCD Action](#)

Support for people with OCD. Includes information on treatment and online resources.  
Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

### [OCD UK](#)

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.  
Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

### [PAPYRUS](#)

Young suicide prevention society.  
Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)

### [Rethink Mental Illness](#)

Support and advice for people living with mental illness.  
Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

### [Samaritans](#)

Confidential support for people experiencing feelings of distress or despair. Phone: 116 123 (free 24-hour helpline)

### [SANE](#)

Emotional support, information and guidance for people affected by mental illness, their families and carers. SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm). [Textcare](#): comfort and care via text message, sent when the person needs it most. There is also a [peer support forum](#)

## **\*Updates Monday 20<sup>th</sup> April 2020\***

### **General – helplines and advice**

NSPCC - [Coronavirus Online Hub: advice and support for parents and carers](#)

The NSPCC has created an online Hub providing advice and support for parents and carers during the coronavirus outbreak. Content includes: information on keeping children safe from abuse; tips and advice to help parents working from home; and ways to talk to a child who is anxious or worried about coronavirus.

### [Barnardos Advice for Young People](#)

Barnardos have compiled some of their own blogs and links to other sites here that may help young people if they're feeling worried, scared or sad. They'll be adding to this over the next few weeks, so check back regularly for more information and support.

### [GamCare](#)

GamCare, an organisation who support anyone experiencing harm due to gambling, are still accepting referrals online/via phone. Please contact the Leeds team on 0113 3886466 if you'd like to know more.

## Mental Health

### [Anna Freud Centre Updates](#)

Anna Freud has created a wide variety of resources to support young people, parents and carers, families and professionals including their new staff wellbeing booklet for those working in schools and colleges, a new guide to running an Alternative Provision school and details of their first Schools in Mind live Q&A and a free AMBIT webinar. We've also shared some resources we've already received from our members.

## SEND

### [Autism champion shares his tips for young people coping with coronavirus lockdown](#)

A South Shields autism champion has revealed how he is coping with the coronavirus crisis - with some words of wisdom for others struggling too.

### [Mentally Healthy Schools Coronavirus Toolkit 3 \(SEND Focus\)](#)

Toolkit including more resources to use with **vulnerable children** or **children with SEND**, signposting from Stonewall for the **LGBTQ+ community**, as well as a resource pack for **staff wellbeing** and **practical activities for adults and children** to help stay mentally well.

## **\*Updates Tuesday 14<sup>th</sup> April 2020\***

### [Stonewall Key Resources:](#)

- [An introduction to supporting LGBT children and young people](#): recently updated resource suitable for all schools, colleges and settings. Offers support in creating an LGBT inclusive environment, working with parents and carers, and supporting individual LGBT children and young people in mainstream and specialist settings.
- [Next steps in LGBT inclusive education: celebrating difference and developing understanding](#): a brand new resource, aimed at schools, colleges and settings that have already started work on LGBT inclusion and who are looking to really embed the work. This resource includes an extensive policy section, guidance on creating an LGBT inclusive curriculum, support on working with parents and carers, as well as highlighting the importance of ensuring that a wide range of LGBT people are represented and celebrated in the school, college or setting.
- For SEND students: [‘It’s OK’](#) symbol supported posters and [easy read information sheets](#).
- They also encourage getting in touch if you are developing or updating policies, resources or training, or just have a question about LGBT-inclusion in any area of your work.
- They also have [cross-curricular resources on our home learning hub](#) – we will be adding new packs to the hub regularly over the weeks ahead.

## Online Safety Advice

### [Be Internet Legends](#)

Be Internet Legends is evolving to help schools meet new challenges, whether staff are working remotely or still going in. Google and Parent Zone are coming up with new, fun and **interactive** ways to support pupils, families and teachers in the coming weeks – including **delivering content virtually**. If you haven't already, sign up to the Be Internet Legends **mailing list** and stay tuned for updates!

As with all live-streaming platforms such as Houseparty and Zoom, screenshots, unsolicited messages and self-generated inappropriate imagery can put young people at risk. As such you and your child/children should be aware of the following.

- Links to 'rooms' can be shared publicly to other platforms which could lead to uninvited users joining.
- 'Rooms' should be locked to prevent uninvited guests from joining. All rooms will lock by default if a user enables 'private mode'.
- If an uninvited guest joins a 'room' they can easily 'friend' others taking part in the live stream.
- It appears that when a friend is invited, their friends can also join a 'room' without the invitation. Therefore, potentially increase the opportunity to cyber-bully and troll others.

The main advice is for parents/carers to talk to their child about staying safe online and discussing any new online features they use so they can enjoy them safely.

[NSPCC NetAware](#) provides a useful guide to social networks, apps and guide.

[National Online Safety](#) have produced a series of top tips guides to support remote learning for Parents, Children and Teachers.

[Thinkuknow](#) is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline for different age groups and parents.

[Childnet](#) has produced a Parent and Carer Toolkit which is a collection of three resources designed to help you talk to your child about their online life, manage boundaries around family internet use and point you in the direction of where to get further help and support.

### [Get free Parent Zone Membership until June](#)

Parent Zone are offering all schools and organisations **free Parent Zone Membership until 19 June** to ensure you have the most useful information and advice at your fingertips, whatever happens. You'll have access to a library of exclusive materials written by the expert team at Parent Zone to support the families you work with through this difficult time – including resources specifically designed to help families deal with the new challenges posed by COVID-19 such as:

- Talking to children and young people about COVID-19.
- Families' COVID-19 questions answered
- What parents in lockdown need to know about digital resilience

## Mental Health

### [ParentZone Blog](#)

ParentZone have written a blog on how to look after your family's mental health when you're stuck indoors.

### [Feel like you've had enough? \(crisis card\)](#)

The Crisis Card is a credit card-sized leaflet that encourages people to seek support from local services in times of crisis, and is part of a range of suicide prevention initiatives across the city. The Crisis Card includes the contact details for a broad range of local services, including housing, debt, and bereavement support. A PDF version of the crisis card can be found at

### [Children's guide to coronavirus](#)

There have been big changes in our lives because of coronavirus, so the children's commission have created a children's guide to coronavirus to help explain the situation. The guide aims to answer children's questions about coronavirus, tell children how to stay safe and protect other people and how to help them make the best of their time at home.

### [Asthma UK: Managing Anxiety](#)

We understand that this is a particularly stressful time for people with asthma, who may be feeling lonely at home and vulnerable. This helpful guide has helpful tips on how to manage anxiety and information on how you can get support.

## Physical Activity

### [Sport England are inviting everyone to 'Join the Movement' and keep active with a new campaign](#)

Using #StayInWorkOut on social media, the [Join the Movement](#) campaign is designed to provide inspiration and trusted information to the public about how to get active in and around the home during the coronavirus pandemic. Join the Movement also has its own online hub, giving access to a range of home workout options and things you can do outdoors while adhering to government restrictions – including existing free exercise content and advice from organisations such as the NHS.

### [Yorkshire Sport Foundation Activity Finder](#)

YSF's activity finder now shows virtual activities, and is free to use. Here are the [virtual activities already listed](#), and here's how to [get started](#).

### [#ThisIsPE](#)

Yorkshire Sport Foundation and leading national organisations are working with Physical Educators from across the country to support parents to teach PE at home. They're sharing videos on social media and inviting teachers and parents to provide us with their feedback, ahead of a bigger launch in the coming weeks. If you'd like to find out more and to share on your own social media channels, you can find details on the link above.

### [British Cycling launch daily activity to keep kids moving during school shutdown](#)

British Cycling has launched a daily activity calendar to keep kids moving and help them to develop new skills, as millions across Britain adjust to life out of school.

### [Rugby Football League launches #FitToPlay initiative](#)

Rugby Football League's latest initiative to help young people through the Covid-19 lockdown – this time aimed at a slightly older demographic, including secondary school pupils and college and university students.

## **\*Updates: Monday 6<sup>th</sup> April 2020\***

### [Relationships Matter Newsletter](#) \*first edition\*

The purpose of the newsletter is to provide helpful information about opportunities to reduce the impact of parental conflict on children. Whether you're together or separated, a professional or a member of the

public, disagreements are completely normal and a part of everyday life, however evidence shows that regular conflict has a big impact on children and within families. What matters is how the conflict is dealt with.

### [Kooth Update](#)



**Kooth.com**  
Online support for young people

We would like to remind you of the availability of our online service to support the **wellbeing and resilience** of your students.

Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Kooth offers young people the opportunity to have a text based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and from 10 pm at weekends every day of the year on a drop in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours young people can message our team and get support by the next day.

When students register with Kooth they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

To find out more visit [kooth.com](#) where young people can register and others can find out more about the service.



### [Meditation with Andrew Johnson:](#)

A guided meditation designed to help you relax and focus on the present.

### [Living Life to the Full](#)

Living Life to the Full for Young people is aimed at people attending secondary school and those who support them (family, friends, teachers, youth workers etc.). It contains three courses:

- Core course of key modules covering understanding why you feel as you do, changing upsetting thinking, and doing things that make you feel better.
- Optional modules- lots of topics from dealing with irritability and anger, building confidence, and asking for what you need (assertiveness).
- Modules, books to read online, and interactive worksheets you can complete on your phone.

### [National Education Union Video Around Exams](#)

If your child or a young person you know is anxious about what this means for their final year, encourage them to watch this reassuring message from Amanda Martin, the National Education Union president.

### [Leeds Arts Health & Wellbeing Network](#)

LAHWN have compiled some resources to help you look after your health and wellbeing.

### [Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing](#)

How can you support your child, and yourself, with their valid concerns around COVID-19? Place2Be shares some of their tips, and some useful resources, to address important questions.

### [Carers UK - Guidance for carers](#)

Outlines national advice pertinent to people with caring responsibilities.

### [Covibook](#)

An interactive resource designed to support and reassure children aged 7 and under, helping them to explain and draw the emotions that they might be experiencing during the pandemic.

### [Amaze: information pack for parents](#)

Amaze has worked with Brighton and Hove local authority and health services to try and answer some parents most pressing questions about how the coronavirus outbreak may affect children with SEND in their area, but most of the messaging is relevant country-wide.

### [NSPCC Book Recommendations](#)

The NSPCC have collated 25 books designed to validate and help children who are worried or anxious interpret how they are feeling.

### [COVID-19 leaflet for parents/ carers](#)

A COVID-19 leaflet in multiple languages. All the information is accredited and authorised for UK use, but please be aware that advice is continually updating. Up to date w/c 30th April.

### [Coronavirus: update from Centre for Mental Health](#)

Videos and Guidance collated by the Centre for Mental Health around how to manage your mental health during the COVID-19 outbreak. [They have also produced a resilience at home guide](#) with their top ten tips.

### [E-Teach: COVID-19 - helping children to cope](#)

COVID-19 anxiety is spreading faster than the virus itself, so how can we ensure that the little ones in our care are made to feel at ease?

### [E-Teach: Remaining calm in an age of anxiety](#)

Blog: There is no doubt that COVID-19 has had an effect on our anxiety levels, so it's important that we remind ourselves how to keep calm amidst all the panic.

## Pages for your General Mental Health Information and guidance:

### [Mind: Coronavirus and your wellbeing](#)

Information from Mind to help you cope if:

- you're feeling anxious or worried about coronavirus
- you're asked to stay at home or avoid public places, for example if your employer asks you to work from home
- you have to self-isolate

### [Mindwell Leeds: Information on Coronavirus](#)

Useful tools and signposting from Mindwell to help you prioritise your wellbeing.

### [Adjusting to hanging out at home – Gem Turner](#)

Gem is an award winning disabled blogger and consultant who has a lot of experience of staying at home for mandatory rest periods. She gives some advice on things to consider when self-isolating.

### [Free online tours of the best art galleries in the world](#)

Google Arts & Culture teamed up with over [500 museums and galleries](#) around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums around the world.

### [National Trust](#)

The National Trust are working hard to open as many spaces as they can free of charge, with no parking fees, whilst closing all cafes and gift shops, to ensure people still have access to nature in order to support wellbeing. This will vary from site to site in terms of whether they are spacious enough to allow for social distancing.

## Information and guidance to support children and young people:

### [MindMate Website](#)

MindMate is a Leeds website for families, professionals, children and young people around youth mental health. If you're a [young person](#), MindMate can help you understand the way you're feeling and find the right advice and support. If you're a [parent](#), [carer](#) or [professional](#), MindMate can help you support a young person you know. We would recommend hovering over the young person's tab, clicking 'games' and then selecting 'stress pot', as this is a timely and helpful activity to do with your children.

### [Clear Fear App](#)

Clear Fear is an app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, and uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. You can personalise the app if you so wish and you will be able to track your progress and notice change.

### [Calm Harm App](#)

Calm Harm is an award-winning app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT). Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish. You will be able to track your progress and notice change.

### [Young Minds Take 20 Parent Activities](#)

Talking to your child about how they're feeling can be hard. By taking 20 minutes with them to do an activity you'll both enjoy, you'll create a relaxed space to start that conversation. Here are some ideas of #Take20 activities that you could do in 20 minutes.

### [Anna Freud Self-Care Strategies](#)

Anna Freud consulted with a wide range of young people to create a portal of self-care strategies to help young people to manage their wellbeing. **Advice to give to young people:** It's up to you to decide what helps. If it works, keep doing it. If it doesn't, stop and try something else. And you can help Anna Freud build an evidence-base for these activities by letting them know what works by clicking on the 'Did this activity help your mental wellbeing' button on each page. This will help them decide which ones to research further. Young people can also access a [Youth Wellbeing Directory](#).

## Helplines, Online Chats and referrals pathways:

### [Kooth: free online counselling platform for children & young people](#)

Free, safe and anonymous online support for young people aged 10-18 year old with trained counsellors as well as articles written by young people, a supportive online community forum and the function to record online journals. Kooth will still be operating as normal and are able to offer much needed support to young people at such a turbulent time. They are working on some digital materials specific to the current situation that we will send out when we have them. For now, [here is a video](#) outlining what the service does. **We have a link with an integration and participation worker who is able to offer remote staff training sessions for [kooth.com](#). If this is something you would like more information around, then please let us know.**

### [Young Minds Parents Helpline](#)

The Young Minds Parents Helpline is available to offer advice to parents and carers worried about the mental health of a child or young person under 25. Young Minds will endeavour to reply to emails received within 3 working days.

### [MindMate Single Point of Access \(SPA\)](#)

If you are concerned about the mental health of a young person, MindMate SPA referrals can link your child to the appropriate support. As a parent and carer of children (5-17 years) you can talk directly to the SPA team. Call 0300 555 0324 during office hours. Click on the link above to download a referral form.

### [Leeds Survivor Led Crisis Service](#)

Leeds Survivor Led Crisis Service provides emotional support to people in crisis aged 16+. The team can be contacted on Tel: 0113 260 9328. Young people aged 13-18 living in Leeds can contact their Teen Connect crisis line on 0808 800 1212 or text message 07715 661 559.

### [BEAT](#)

The BEAT website has lots of advice and resources around eating disorders including a helpline (0808 801 0677) and a Youthline (0808 801 0711), the link above will take you to their advice around eating disorders and coronavirus.

## Healthy eating resources and advice:

### [Change4life](#)

Fun and family friendly information for eating well and keeping active. Tips, ideas, recipes and games to help keep kids and adults happy and healthy. Parents and pupils can also download the free app and food scanner to find out what's really in food and drinks.

### [Food a Fact of Life](#)

Lessons and curriculum resources that parents can use at home to help educate their children about healthy eating, cooking and where food comes from.

### [NHS Choices Eatwell](#)

Information and advice on food, nutrition and the Eatwell Guide. This website also provides advice on digestive health and recipes ideas.

### [British Heart Foundation](#)

Advice on keeping healthy and eating a balanced diet for heart health.

### [The Trussle Trust](#)

A nationwide network of food banks that together provide emergency food and support to people locked in poverty, and campaign for change to end the need for food banks in the UK.

## Physical Activity resources and advice:

- [Imoves](#)
- [Youth Sport Trust Free Home Learning Resources](#)
- [Jasmine Active Home Learning Resources](#)

- [BBC Children in Needs Workout Videos](#)
- [Jump Start Jonny](#)
- [TAGTIV8 Active Learning Games](#)
- [Cosmic Kids](#)
- [Questr School Closure](#)
- [Go Noodle](#)
- [Energetic Education](#)

## Resources and Advice Specific to children and young people with SEND:

- [Young Minds – COVID-19 and families with disabled children](#)
- [Easy-read guide to coronavirus from Mencap](#)
- [Dealing with COVID-19: Resources for Special Educators, Therapists & Families](#)
- [COVID-19 Information for Parents and Carers - WellChild](#)
- [WellChild calls on Government and society to step-up for vulnerable children with serious health needs in light of COVID-19](#)
- [50 Things to do before you're 5](#)  
An app that lets you tick-off **50 fantastic things** for you and your child to experience together. This is an excellent resource for young children and can be adapted for SEND children.

## Resources to Support Home Learning:

We recommend you read through/watch all content prior to showing your child/ren.

- [BBC Teach PSHE Resources](#)
- [Children's Mental Health Playlist – BBC Teach](#)
- [School Wellbeing PSHE Page](#)
- [School Wellbeing SEMH Web Links](#)
- [TED ED / TED ED Lessons](#)
- [TES: COVID-19 Home Learning Pack](#)
- [COVID-19 Support Resources: Google for Education](#)
- [Twinkl](#) - enter code UKTWINKLHELPS for one month free

**Please share this list far and wide, let's do what we can to keep children happy, learning, laughing and calm! Tweet your activities and keep each other motivated using @SchoolWellbeing**

**Please note: The SEMH resources are aids to professional help, but are not substitutes. Please refer into the MindMate SPA if you have concerns about your child. In any emergency, call 999.**

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