

Emotional Well-Being Resources and Links

We know that the coronavirus pandemic and accompanying lockdowns have had an impact on children's mental well-being. Here are some useful resources and links that children and parents can access to help unpick feelings around the disruption to normal school routine and use to find additional information and support.

Resource for children:

www.childline.org.uk

This excellent website allows children of all ages to discuss feelings, watch videos, play games and spend time calming down.

childline



Resource for parents:

<https://mindedforfamilies.org.uk>

A very useful page which gives links to information on supporting your child's well-being, helping them in a digital world and building their confidence and resilience, plus signposting to other support for parents themselves.

Resource for children and parents:

<https://sussexcamhs.nhs.uk>

This NHS website has useful information on a range of mental health conditions. The top tips for surviving covid are great, identifying the importance of routines, sleep and self-care.



Sussex Partnership
NHS Foundation Trust

Other useful websites:

www.healthforkids.co.uk – A child friendly page full of general tips, games and fun around staying physically and mentally well.

www.kooth.com – A resource for children in upper KS2. The daily 'feelings journal' is a great idea.

www.westsussexwellbeing.org.uk/campaigns/69/look-after-your-emotional-health-wellbeing - A resource list of support in our local community.

<https://home.oxfordowl.co.uk/books/jon-burgerman-everybody-worries-free-ebook/> - A free ebook exploring the worries around coronavirus which can be read together.

www.bbc.co.uk/bitesize/articles/zh9v382 - A really helpful hub of supporting mindfulness, especially for children with SEND.

<https://axelscheffler.com/books-for-older-children/coronavirus> - Another free ebook aimed at primary school children outlining the key information around covid.