

Please find below links to support pupils and staff around mental wellbeing:

<https://www.mind.org.hk/wp-content/uploads/2020/02/ResponseCoronavirusENG6.2.2020-.pdf>

[https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\\_2](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2)

[https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html?fbclid=IwAR3ZiNhgumvsqDnY9Ewh0WmDpbbcO3Mfr4UJdcB\\_doNnxaNLK9b42KZFnhw](https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html?fbclid=IwAR3ZiNhgumvsqDnY9Ewh0WmDpbbcO3Mfr4UJdcB_doNnxaNLK9b42KZFnhw)

<https://www.theguardian.com/commentisfree/2020/mar/02/stop-a-worry-becoming-catastrophic-how-to-talk-to-your-kids-about-the-coronavirus>

**Anna Freud: Self-Care and Coping Strategies**

<https://www.annafreud.org/selfcare/>

**BBC: How to protect your mental health**

<https://www.bbc.co.uk/news/health-51873799>

**CBBC: Video and Questions**

<https://www.bbc.co.uk/newsround/51861089>

**ChildMind: Talking to Children**

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

**ELSA: Coronavirus Story for Children**

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

**National Association of School Psychologists: Parent Resources**

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

**Young Minds: Feeling Anxious about Coronavirus**

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus>