

Mental Health and Wellbeing During COVID-19

Resources for Parents

Supporting parents and carers video

This video from the Anna Freud Centre provides guidance to parents and carers about how they can support themselves and their children during the coronavirus outbreak.



[Access Resource](#)

Looking After Your Mental Health During the Coronavirus Outbreak

Mental Health Foundation offers tips for you, your friends and your family to look after your mental health at a time when there is much discussion of potential threats to our physical health.



[Access Resource](#)

Advice for parents of CYP impacted by COVID-19

Tips and support for parents on talking to a child worried about coronavirus as well as information and advice for children and young people on coronavirus.



[Access Resource](#)

Coronavirus support for employees, benefit claimants and businesses

Money worries is one of the contributing factors for poor mental health. Gov.uk explains what financial support is available to families during COVID-19.



[Access Resource](#)

Citizens Advice Bureau

Citizens Advice Bureau gives up to date advice and guidance around finances, housing and employee rights during the coronavirus outbreak.



[Access Resource](#)