

# Covid-19 wellbeing and mental health help and support for parents/carers and families with children aged 0-18

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The resources listed here are a mix of local and national free resources for adults who have children at their care and specifically address COVID-19 support and help.

This is not an exhaustive list of all resources available, but a toolkit to signpost parents/carers and families who might be seeking mental health and wellbeing support for themselves or their children during the COVID-19 crisis.

If you have any comments or see any information that is inaccurate please contact:

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## Supporting young children:

- **The NSPCC** has created a new webpage with information and advice for parents or carers who are worried a child or young person may be struggling with their mental health or has anxiety about Coronavirus. The webpage includes information on: talking about feelings and worries; keeping in touch and balancing screen time; ways to create structure and routine; and helping to give children a sense of control.  
[Talking to a child worried about coronavirus \(COVID-19\)](#)
- **Emerging Minds**, in collaboration with the University of Reading and the University of Oxford, has published evidence-based advice for parents and carers supporting children and young people with worries about Coronavirus. A resource list from trusted sources is also available which includes links grouped by age category and resources for children and young people with specific needs. Emerging Minds has also shared a podcast from a recent webinar on supporting children and young people with their worries and anxiety.  
**Read the news story:** [How can we best support children and young people with their worries and anxiety?](#)  
**Read the advice:** [Supporting children and young people with worries about COVID-19 \(PDF\)](#)  
**Read the resources list:** [Recommended resources](#)  
**Listen to the podcast:** [How can we best support children and young people with their worries and anxiety?](#)
- **Stop, Breathe and Think:** Phone, tablet or web app to support mindfulness, aimed at children aged 5-10.  
<https://www.stopbreathethink.com/kids>
- **Newsround** has put together a coronavirus page with videos and advice:  
<https://www.bbc.co.uk/newsround/51896156>
- **Books** – targeted at Primary School age
  - **Something Bad Happened: A Kid’s Guide to Coping with events in the News.** How to process different world events by Dawn Huebner (Ages 6-12).
  - **What To Do When You’re Scared & Worried: A Guide for Kids.** A help guide to processing fears and worries by James J Crist (Ages 9-13)
  - **Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids** by Carol McCloud
  - **How are you Peeling: Foods with Moods** by Saxton Freymann & Joost Elffers
  - **The Way I Feel** by Janan Cain

## Supporting teenagers:

- **Kooth** offers young people age 11-19 with safe and anonymous online support for young people's mental health [www.kooth.com](http://www.kooth.com)
- **Young Hackney** online hub (seniors) <https://www.younghackney.org/campaign/online-youth-hub/?medium=email&source=govdelivery>
- **Anna Freud Centre's** website has a number of resources, including self-care resources and ideas in their "On My mind" section. <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>
- **Young Minds**, the children and young people's mental health charity, has produced a blog "what to do if you're anxious about coronavirus". They also have online resources and support including Young Minds Crisis Messenger text service providing free, 24/7 crisis support across the UK.  
**Access their resources:** <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>  
**Helpline and crisis chat:** <https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/#youngminds-crisis-messenger>
- **ChildLine** has created a webpage with information for children and young people about coronavirus. The page includes information about: what coronavirus is, where children and young people can find help if they are worried, coping if they are staying at home and what to do if they are feeling unwell. <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>
- **The Mix** offers lots of advice in an accessible form, with some Covid 19 specific resources available. <http://www.themix.org.uk>

## Looking after your own mental health:

- The **NHS** has a handy list of Apps you can access for support with wellbeing and mental health <https://www.nhs.uk/apps-library/category/mental-health/>
- **Relate** are offering advice and tips for healthy relationships for people, as the current crisis puts pressure on everyone's day-to-day lives and potentially a strain on relationships. [Covid-19 advice and tips for healthy relationships](#)
- **Mind** is the UK's leading mental health charity and offers support and guidance around coronavirus, including practical as well as emotional support. <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>
- The **Mental Health Foundation** is part of the national health response providing support to address the mental health and psychological aspects of the Coronavirus outbreak, alongside colleagues at Public Health England and the Department of Health and Social Care. <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

## Bereavement Support:

- **Child Bereavement UK:** help children and young people (up to age 25), parents, and families, to rebuild their lives when a child grieves or when a child dies. They also provide training to professionals, equipping them to provide the best possible care to bereaved families.

Access their resources and live chat: <https://www.childbereavementuk.org/>  
Helpline (9am – 5pm): 0800 02 888 40

- **Grief Encounter:** Charity supporting bereaved children and their families to help alleviate the pain caused by the death of someone close.

Access their resources and live chat: <https://www.griefencounter.org.uk/serviceupdate/>  
Helpline (9am – 9pm): 0808 802 0111

- **Winston’s Wish** supports bereaved children, young people, their families, and the professionals who support them. They offer specific information, advice and guidance on supporting bereaved children and young people during the coronavirus outbreak and our updated services and opening times

Access their resources: <https://www.winstonswish.org/coronavirus/>  
Read the article: [Coronavirus: How to say goodbye when a funeral isn’t possible](#)

- **Bereavement: helping parents and children cope when someone close to them dies.** Understanding Childhood is a series of leaflets written by experienced child psychotherapists to give insight into children’s feelings and view of the world and help parents, and those who work with children, to understand their behaviour.

Read the leaflet: <https://cityandhackneycamhs.org.uk/wp-content/uploads/2019/08/Bereavement.pdf>

- **Books and reading materials: Primary aged children**

- ❖ **The Day the Sea Went Out and Never Came Back** by Margot Sunderland. A story for children who have lost someone they love (ages 4-12).
- ❖ **Always and Forever** by Durrant & Gliori (ages 3-5)
- ❖ **The Baadger’s Parting Gift** by Susan Varley
- ❖ **Grandad’s Island** by Benji Davies. A beautiful book that shows how those who are dear to us remain near to us – however far away they may seem

### Secondary aged children:

- ❖ **Straight Talk About Death for Teenagers: How to Cope with Losing Someone You Love – Earl A. Grollman:** If you are a teenager whose friend or relative has died, this book was written for you.

### Culturally specific support

- **For Muslim women (mothers):**  
<http://mbss.org.uk/how-can-we-help-you/>  
Contact: 02034687333
- **For Jewish families:**  
<https://jbcs.org.uk/why-bereavement-counselling/>  
Contact: 0208 951 3881
- **For Turkish, Kurdish and Turkish Cypriot families:**  
<http://derman.org.uk/en/>  
Contact: 020 7613 5944

### Autism Spectrum Disorder:

- Clinical staff from ELFT and **Homerton University Hospital** came together to create an information video to support parents and/or carers of neurodiverse children in challenging times such as during self-isolation.

Watch the video: [https://www.elft.nhs.uk/News/Supporting-Neurodiverse-Children-in-Self-Isolation?dm\\_i=1TXQ,6T9L6,QJTCJG,RA2J7,1](https://www.elft.nhs.uk/News/Supporting-Neurodiverse-Children-in-Self-Isolation?dm_i=1TXQ,6T9L6,QJTCJG,RA2J7,1)

- The **Association for Child and Adolescent Mental Health (ACAMH)** has released a podcast for parents and carers about supporting children and young people with autism during the Coronavirus outbreak.

Listen to the podcast: [Coronavirus, and helping children with autism – Episode 4: Autism, a parents' guide](#)

- The **National Autistic Society (NAS)** has also published resources for people with autism of all ages, including social stories to explain the situation, activity ideas and information on how to manage anxiety.

Access their resources:

<https://www.autism.org.uk/services/helplines/coronavirus/resources/helpful-resources.aspx>

Helpline (10am – 3pm): 0808 800 4104

### Learning Disabilities:

- **The Local Offer Hackney:** Directory of services for 0 -25 with SEN, disabilities or additional needs  
Access their resources: <https://www.hackneylocaloffer.co.uk/>
- **Contact:** Contact provide direct advice and support services to parent carers. They host a free national helpline which is open Monday to Friday between 9.30am and 5.00pm.  
Access their resources: <https://contact.org.uk/advice-and-support/covid-19/>  
Helpline: 0808 808 3555

- **MENCAP:**  
Access their resources: <https://www.mencap.org.uk/advice-and-support/health/coronavirus-covid-19>  
Easy Read Guide COVID-19: [Easy Read Guide](#)  
Learning Disability Helpline (Mon-Fri): 0808 808 1111
- **Council for disabled children:**  
Access their resources: <https://councilfordisabledchildren.org.uk/news-opinion/news/covid-19-support-and-guidance>
- **The Sensory Projects:** page providing a bank of resources helpful for those looking for educational activities to do whilst staying home and staying safe. The resources are grouped into those aimed at people with additional educational needs, those specific to learning about COVID 19 and those aimed at students who attend mainstream schools:  
Access their resources: <http://www.thesensoryprojects.co.uk/covid19-resources>

### How to contact mental health services:

Coronavirus is a constantly changing picture affecting health services. Services are reducing their face-to-face contacts with patients following NHS policy, and offering alternatives via phone or online chats.

To find the most updated information about services please visit [www.cityandhackneycamhs.org.uk](http://www.cityandhackneycamhs.org.uk)

### **My child is in crisis, what do I do?**

If your child or a young person you care for are experiencing a mental health crisis contact:

#### **24 hour Crisis Helpline**

Free, confidential, expert advice for anyone experiencing a crisis, including support and referrals to local services.

**020 8432 8020**

*Lines open all day, every day*

If your child or a young person you care for is already known to mental health services you can contact them in hours on the numbers below:

#### **First Steps Community CAMHS**

All appointments conducted over the phone. No routine face to face consultations.

Referrals are being accepted only from professionals (e.g. GPs, health visitors, school staff...). Urgent cases are being prioritised together with already existing cases. If you need a referral please speak to a professional.

If you are open to First Steps you can contact them on **0207 014 7135** Mon-Fri from 9am – 5pm.

### **CAMHS Disability**

All appointments conducted over the phone. No routine face to face consultations.

The service is currently only accepting new urgent referrals for children with moderate to profound disabilities presenting with risk behaviours and emerging mental health presentation; self-harm and severe self-injurious behaviour, challenging behaviour and mental health.

New neurodevelopmental assessments, early intervention and group work for non-urgent cases is currently postponed.

Neurodevelopmental assessments are continuing from waiting lists, except face to face components, which will be completed when service returns to normal.

If you are open to CAMHS Disability you can contact them on **0207 014 7071** Mon-Fri from 9am – 5pm.

### **Specialist CAMHS**

The service is currently prioritising referrals which require an immediate crisis response. The service will triage other referrals where there is concern regarding risk or severity with telephone consultation and offer remote interventions if needed, including therapeutic support and medication.

If not urgent the service will signpost other referrals to appropriate online support resources or other agencies.

The service is not currently accepting routine referrals for Neurodevelopmental (ADHD/ASD) assessment where there are no current risk concerns.

If you are open Specialist CAMHS you can contact them on **0203 222 5600** Mon-Fri from 9am – 5pm.

### **Off Centre**

The service will continue to offer regular individual sessions and assessments for new referrals, conducting these over the telephone or via video online until it is safe to return to normal working practices.

The service will be risk assessing each case and providing additional check in sessions as required and linking them into other resources as appropriate

There will be no face-to-face groups or 1-2-1 services at Off Centre during this period. The service is offering existing client's regular sessions either on the telephone or via video online.

The service is offering online group video sessions for Project Indigo (LGBTIQ+ drop-in youth group) at the usual time of 5.30pm on Thursdays and online group video sessions for the therapeutic group at the usual time of 4pm on Wednesdays.

Therapeutic drop-in service is via telephone on Thursdays from 4pm-8pm, half hour slots allocated on a first come first served basis. Email [OffCentre@family-action.org.uk](mailto:OffCentre@family-action.org.uk)

Advice and information drop in service is via video online on Thursdays from 2-4pm, half hour slots allocated on a first come first serve basis. Email [OffCentre@family-action.org.uk](mailto:OffCentre@family-action.org.uk)

### **Children and Family Service Clinical Service**

The service is continuing to take new referrals from professionals only.

Clinicians are continuing clinical work using video and telephone sessions / consultations.

The service will continue to operate a same day crisis service, but anticipate having less capacity for face-to-face clinical risk assessment/management.

If you are open to Children and Family Services you can contact them on **0208 356 5000** Mon-Fri from 9am – 5pm.

You can also contact the team for Emergency out of hours on **0208 356 2710**.