



Liverpool CAMHS

mental health is everyone's business

Supporting Children During Social Distancing

47 Items

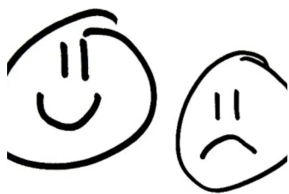
Whole School Approach to mental health

As part of the Liverpool Whole School Approach to Mental Health, we've put together a collection of resources that will help you to support children and young people during social distancing.

Resources for supporting children/young people

Advice and guidance for parents/carers and practitioners.

Talking to Children and Young People



Mind Healthy At Home

 Microsoftonline

A booklet for families from Liverpool Mental Health Support Teams, and city partners as part of Liverpool's Whole School Approach to Mental Health and Emotional Wellbeing. Inside this book are a few tips, activitie...



BPS highlights importance of talking to children about Coronavirus

 Bps

The British Psychological Society says it is vital to talk openly to children and reassure them about the changes they are seeing around them due to Coronavirus. This site includes a downloadable guide to talking to...



YoungMinds ✓
@YoungMindsUK



If your child is worried or anxious about coronavirus, here's our Parents Helpline experts' advice on what you can do. youngminds.org.uk/blog/talking-t...



Talking to your child about coronavirus

If your child is worried or anxious about coronavirus, here's our Parents Helpline experts' advice on what you can do.
youngminds.org.uk

♡ 113 8:00 PM - Mar 16, 2020



💬 130 people are talking about this



Talking to Kids About the Coronavirus | Child Mind Institute

 Child Mind Institute

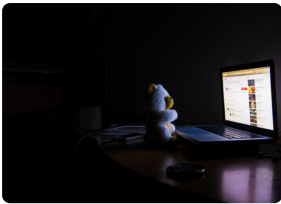
News of the coronavirus COVID-19 is everywhere, from the front page of all the papers to the playground at school. Many parents are wondering how to bring up the epidemic in a way that will be reassuring and not...



Talking To Children During Infectious Outbreaks

Samhsa

Guidance for parents, carers and practitioners.



Talking to your children about scary world news

 Mental Health Foundation

News is everywhere. In the digital age, it is no longer possible to control the news that we are exposed to, or to shield children from upsetting information. What you can do is help to minimise the negative impact it...



How to talk to teens about the new coronavirus - Harvard Health Blog

 Harvard Health Blog

We seem to be stuck in a nonstop news cycle about the new coronavirus that is causing an illness called COVID-19. Many parents are understandably sharing concerns, too - at least among friends and...

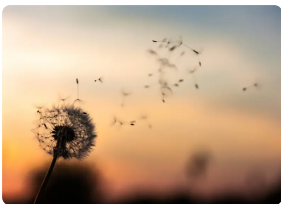


Supporting Schools and Colleges

Annafreud

A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption.

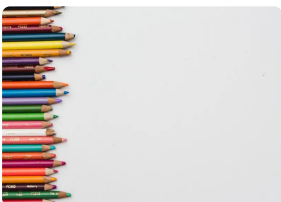
Wellbeing Advice for Families and Schools



Wellbeing tips for families

 Microsoftonline

Wellbeing tips for families from Harrow Council



Wellbeing tips for schools

 Microsoftonline

Wellbeing tips for schools from Harrow Council



Change4Life - Change4Life



Www

Swimming is a really good all-round exercise, but which of these is also true? A: It can reduce the risk of developing illnesses like heart disease and type 2 diabetes B: It's a skill that could save your life C: It boosts...

Resources to use with children and young people

Social Stories



COVIBOOK | Mindheart

Mindheart

A short book to support and reassure children, under the age of 7, regarding COVID-19. This book is an invitation for families to discuss the full range of emotions arising from the current situation.

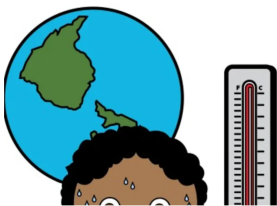


Coronavirus Story for children - ELSA Support



ELSA Support

This story helps adults to explain Coronavirus to children. There's also a useful poster to help children to wash hands for 20 seconds.



Covid19 Social Story

A social story about Covid-19 from www.theautismeducator.ie



My Story About
ndemics and the Coronavir

- Carol Gray



Pandemics-and-the-Coronavirus Social Story by Carol Gray

carolgraysocialstories.com

A social story to explain about pandemics and social stories.

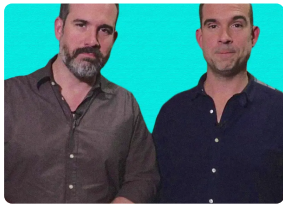
Explaining Coronavirus to Children



Coronavirus: Advice if you're worried about it - CBBC Newsround

 Bbc

There's a lot in the news at the moment about the coronavirus. Some of what you see or hear might sound confusing or scary, so it's normal to have some worries about a big story like this.



Coronavirus: Your questions answered - CBBC Newsround

 Bbc

"The more you know, the better you feel," says Dr Chris. That's why the doctor and his twin brother Dr Xand, from CBBC's Operation Ouch, have been answering YOUR questions about coronavirus.



Information about the Coronavirus

 E-bug

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. Typical symptoms of coronavirus include fever and a cough that may progress to a severe pneumonia causing shortness of...



Just For Kids: A Comic Exploring The New Coronavirus

 NPR.org

This comic is based on a radio story that NPR education reporter Cory Turner did. He asked some experts what kids might want to know about the coronavirus.

Videos and Advice



Supporting young people through disruption

Anna Freud
National Centre for
Children and Families



Watch later



Share



Hello, I'm Peter Fuggle and I'm Clinical Director at the Anna Freud Centre.

Supporting young people through disruption

 YouTube

Advice for young people about managing their mental health and wellbeing during the coronavirus situation



YoungMinds - children and young people's mental health charity

 YoungMinds

We're the UK's leading charity fighting for children and young people's mental health. We will make sure all young people get the best possible mental health support and have the resilience to overcome life's...

Self-Care Resources



Self Care, Anxiety, Depression, Coping Strategies | On My Mind | Anna Freud Centre

 Annafreud

A list of strategies young people can use to support their self-care.



Creative activities linked to reading, writing and illustration for primary aged pupils

Wakelet

This collection brings together creative book-based activities that families can use at home. It includes online storytimes, creative writing opportunities and 'draw-a-longs' from illustrators.



Reading, Writing and Illustration Activities for Secondary Pupils

Wakelet

Creative activities to support secondary aged pupils learning at home



Active 8 Minute Workout Featuring Izzy | The Body Coach TV

 YouTube

Exercise is a great way to practise self-care. This is a great 8 minute workout, suitable for all ages.
8 exercises | 35 seconds work | 25 seconds rest Run on the spot Running punches Front kicks Cr...

**rwl**

293.8k followers

[View Profile](#)

With the Government advising self-isolation where possible and reducing travel and contact with others I really want to do something to lift spirits and hopefully improve people's moods.

To help our community stay active and positive and hopefully reduce anxiety in this unsettling time, @RWL will be streaming a LIVE workout everyday for at least the next 2 weeks on our Instagram account, completely FREE! These will be streamed from the RWL studio or fitness instructor's homes and we will have a schedule coming soon on @RWL. (Swipe right for the first 3 day schedule)

We really hope you'll tune in to workout alongside us and keep yourselves happy and healthy in this trying time.

@RWL LIVE

[View More on Instagram](#)**7,891 likes****rwl**

SWIPE RIGHT →→

Let's keep this positivity going & join us for a FREE LIVE WORKOUT EVERY SINGLE DAY! 💪
💪💪 Our trainers will be coming to you LIVE from the @rwl story to bring you energy & keep you active! 📱 Swipe right to find out times we will be going live this week - starting with a FULL BODY workout TONIGHT @ 18:30 📺

See you there! 🌸

#rwlfitness #rwl #homeworkout #fitnessplan #freeworkout #stayactive

[view all 1,696 comments](#)

Add a comment...



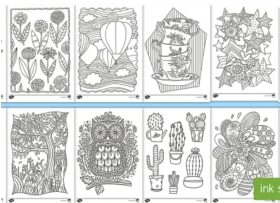


Cosmic Kids Yoga



YouTube

Yoga, mindfulness and relaxation for kids. Interactive adventures which build strength, balance and confidence - and get kids into yoga and mindfulness early...



Mindfulness Coloring Sheets For Kids Bumper Pack



Twinkl

Use the code CVDTWINKLHELPS to access Twinkl for a month for free. Everyone needs a calm moment now and again, including children. These mindfulness coloring sheets are a great way of focusing children on a...

Resources for Adult Mental Health

Resources to support parents/carers/practitioners with their own mental health and emotional wellbeing



Coronavirus: How to protect your mental health



BBC News

Coronavirus has plunged the world into uncertainty and the constant news about the pandemic can feel relentless. All of this is taking its toll on people's mental health, particularly those already living with conditions...



Coronavirus and your wellbeing

 Mind

Guidance and advice on how to maintain your own wellbeing.



Looking after your mental health during the Coronavirus outbreak

 Mental Health Foundation

The Mental Health Foundation is part of the national mental health response providing support to address the mental health and psychosocial aspects of the Coronavirus outbreak, alongside colleagues...

Useful Practical Information for Adults



Healthwatch Liverpool

 Healthwatchliverpool

We've launched a new Healthwatch Liverpool membership scheme! Sign up and share your expert knowledge as a patient, service user, carer or service provider and help shape local health and social care services.

Supporting Children Through Loss, Separation and Bereavement



School Improvement Liverpool- Supporting Children with Loss, Separation and Bereavement

 Microsoftonline

Information pack

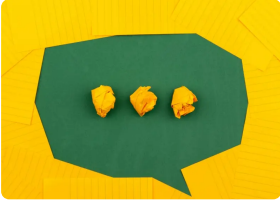


Young People

 Child Bereavement UK

Information for young people about bereavement.

Information from the Zero Suicide Alliance



Talking To Someone Who May Be Suicidal

Information from the Zero Suicide Alliance

Powered by [wakelet](#)