
Mental Health and Wellbeing of Children, Young People and Adults During Covid-19

Staff Wellbeing

Advice for Key Worker Parents:

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Advice%20for%20keyworker%20parents%20-%20helping%20your%20child%20adapt.pdf>

Advice for Children of Key Workers:

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/When%20your%20parent%20is%20a%20keyworker%20-%20advice%20for%20children%20and%20young%20people.pdf>

Looking After Each Other and Ourselves:

<https://www.annafreud.org/media/11242/looking-after-each-other-ourselves-final.pdf>

Teacher Resilience During Coronavirus School Closures:

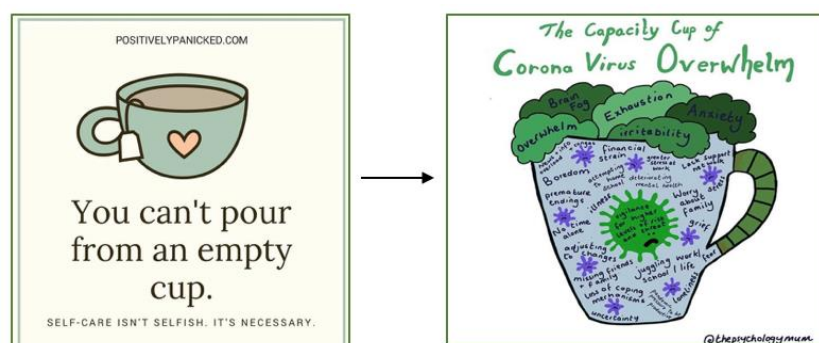
<https://www.bps.org.uk/sites/www.bps.org.uk/files/Member%20Networks/Divisions/DECP/Teacher%20resilience%20during%20coronavirus%20school%20closures.pdf>

Supporting Staff Wellbeing in Schools Booklet

<https://www.annafreud.org/media/7653/3rdanna-freud-booklet-staff-wellbeing-web-pdf-21-june.pdf>

Resilience Skills in a Time of Uncertainty: a Free Resilience Skills Course

<https://www.coursera.org/learn/resilience-uncertainty?action=enroll&authMode=signup>



Young Peoples Voice:

Coronavirus: Impact on Young People with Mental Health Needs:

<https://youngminds.org.uk/about-us/reports/coronavirus-impact-on-young-people-with-mental-health-needs/>

Young People in Lockdown: A report by The Prince's Trust and YouGov:

<https://www.princes-trust.org.uk/about-the-trust/news-views/young-people-in-lockdown>

Supporting Children and Young People:

Healthier Minds: East Renfrewshire's Guide to promoting the mental wellbeing of children and young people: Lots of advice, support and resources which are updated regularly.

<https://blogs.glowscotland.org.uk/er/healthierminds/>

A Framework for Supporting the Mental Wellbeing of Children and Young People in East Renfrewshire:

<https://blogs.glowscotland.org.uk/er/public/healthierminds/uploads/sites/18270/2020/02/14102833/Healthier-Minds-professionals-FINAL.pdf>

Normalising Emotions:

<https://blogs.glowscotland.org.uk/er/public/healthierminds/uploads/sites/18270/2020/05/04092448/Its-normal-to-feel-like-this-young-people-and-Covid-19.pdf>

PDF Self-Help Guides that can be used by Adults and Young People:

<https://www.camhs-resources.co.uk/downloads>

'Aye Feel' – resources on how to look after your mental health and wellbeing and promote a positive mindset:

<https://young.scot/campaigns/national/aye-feel>

Experiencing Anxiety:

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

Experiencing OCD:

<https://blogs.glowscotland.org.uk/er/healthierminds/coping-covid-19/managing-mental-wellbeing/coping-with-ocd/>

Schudio TV: online training and CPD for Teachers:

<https://www.schudio.tv/>

<https://www.schudio.tv/courses/navigating-stress-anxiety-teachers>



Supporting the Mental Health and Wellbeing of Children and Families During Covid-19:

https://nesvleprdstore.blob.core.windows.net/nesndpvlecmsprdblob/82cc69ba-d349-4887-910c-7242033d734d_NESD1264%20Parenting%20Related%20Resources%20for%20Parents%20and%20Professionals_Final%20May%202020.pdf?sv=2018-03-28&sr=b&sig=gq7WxYwV71NFK7WRGnGeg3oVD2SMek3I2Gu6plaC%2FFY%3D&st=2020-05-21T15%3A05%3A19Z&se=2020-05-21T16%3A10%3A19Z&sp=r



Additional Support Needs



Supporting Children with Learning Disabilities/ ASD During Covid-19:

<https://cdn.website-editor.net/e426f19082654715ad7d0a25bfd193dc/files/uploaded/Cardiff%2526Vale-Uni-Health-Board.pdf>

Coronavirus Resources for Children and Families:

<https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/>

Free course for staff on preparing for children with ASD to return to school

<https://www.schudio.tv/courses/preparing-autistic-send-children-for-going-back-to-school>

The Challenging Behaviour Foundation:

Supporting the behaviour of children with complex ASN during lockdown

<https://www.challengingbehaviour.org.uk/information/covid19information.html#Infosheet>

Relationship-Based Practice

Barnardo's Scotland and Public Health Scotland have launched a new film for everyone involved in educating children and young people – 'It's All About Relationships: Embedding relations, trauma sensitive approaches in education settings'.

<https://www.youtube.com/watch?v=0RyD-ueKCOc&feature=youtu.be>

Creating Opportunities for Connection Experiencing Being Held in Mind:

https://www.traumainformedschools.co.uk/images/TIS_Creating_Opportunities_2.pdf



Webinars

Emerging Minds: explores what research can offer to best support children and young people's mental health at this time:

<https://emergingminds.org.uk/emerging-minds-covid-19-webinar-series/>

General Teaching Council, webinars on: Dealing with Uncertainty, Se-Stressing Stress, A Difficult Transition – helping learners with learning differences – and many more:

<https://gtcsnew.gtcs.org.uk/News/events/past-events.aspx>

Experiencing Distress and Suicidal Thoughts:

Coping with Suicidal Thoughts Leaflet

<https://blogs.glowscotland.org.uk/er/public/healthierminds/uploads/sites/18270/2020/04/29095115/Coping-with-suicidal-thoughts-leaflet.pdf>

Helpline Numbers:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Bereavement and Loss

East Renfrewshire's Guide to Supporting Bereavement and Loss:

<https://blogs.glowscotland.org.uk/er/healthierminds/bereavement/>



<https://blogs.glowscotland.org.uk/er/PsychologicalService/>



<https://blogs.glowscotland.org.uk/er/healthierminds/>

