**Links to Websites and Additional Supporting Resources**

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**Young Scot - Aye Feel**



Find information about how to look after your emotional wellbeing, support from organisations around Scotland and tips on how to promote a positive mindset.

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

**North Lanarkshire Council’s Psychological Service**

NLC’s Psychological Service have put together a wealth of information and support for Parents/Guardians.



A link to be created here to the attached Shannari documents

**Advice for helping children, young people and their families manage their anxiety about COVID-19**– created by NHS, COSLA, RC Psych, YouthLink and Young Scot (19/03/20)



A link to be created here to the attached document

**Education Scotland – Scotland Learns**



<https://education.gov.scot/improvement/scotland-learns/>

**Clear Your Head Resources**

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Click on the link below for advice about wellbeing, such as Keeping Moving, Creating Routine, Looking after yourself, Staying connected and Staying Healthy:

<https://clearyourhead.scot/>

**The Anna Freud Centre** has also produced a booklet on “Managing unexpected endings and transitions”:



A link to be created here to the attached document

**The National Parent Forum of Scotland**



The National Parent Forum of Scotland provides excellent material and has produced 3 very good, free resources on:

**Learning at Home in Lockdown**

<https://www.npfs.org.uk/downloads/learning-at-home-in-lockdown/>

**Online Safety**

<https://www.npfs.org.uk/downloads/online-safety/>

**Securing your devices**

<https://www.npfs.org.uk/downloads/securing-your-devices/>

**Parent Club**

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[https://www.parentclub.scot](https://www.parentclub.scot/)

**Think You Know Resources**

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<https://www.thinkuknow.co.uk/parents/>

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>