



Mental Health guidance and materials

We are dealing with an unprecedented situation and for some of us, this will cause uncertainty and worry. As an adult, it may be hard to rationalise what we are dealing with, for our children it may be harder and explaining this to them when we ourselves and dealing with the unknown on a day by day basis will require all us to work together and to share ideas, guidance, resources and support.

Please see below a selection of links to resources that you may find useful as an employee or a parent.

WHO - advise for parents and staff to help support children and their own well being

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

MIND – There is an app for 8-12 year olds called positive penguins that may be helpful to support younger <https://positivepenguins.com/>

Action for Happiness – Provides a section for Schools and an app that provides daily and monthly wellbeing tasks for children. This month there is a ‘coping calendar’.

<https://www.actionforhappiness.org/calendars>

As more guidance and information is produced, we will keep sharing this information with you all.