

## **Young Minds**

Young Minds have published a lot of blogs for young people with advice for looking after yourself during the coronavirus outbreak. Some really useful ones are:

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

<https://youngminds.org.uk/blog/tips-for-creating-a-routine-during-self-isolation/>

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-studying-from-home/>

<https://youngminds.org.uk/blog/how-to-look-after-your-mental-health-in-a-difficult-living-environment/>

<https://youngminds.org.uk/blog/young-peoples-self-care-tips-for-self-isolation/>

<https://youngminds.org.uk/blog/tips-for-coping-with-ocd-during-the-coronavirus-pandemic/>

## **Brighter Futures for Children**

A charity based in Reading, Berkshire have developed advice and links for parents and young people who are struggling to understand or cope with all aspects of COVID 19

<https://brighterfuturesforchildren.org/coronavirus-covid-19-update/support-for-parents-and-carers/>

## **Trauma Informed Schools**

An organisation who trains professionals in mental health. They have provided resources for parents, children and young people to support them through the pandemic, lockdown and returning to school.

<https://www.traumainformedschools.co.uk/resources>

## **Parent Talk**

Parent Talk offers free, down-to-earth advice for parents of children aged 0-19. All their content is written or curated by Action for Children's parenting coaches. It's based on their experiences working with children, young people and their families.

<https://parents.actionforchildren.org.uk/covid-19/>