

# Wellbeing Resources

\*To access resources hold down the **Ctrl** button and click the hyperlinks\*



## Managing Mental Health For Yourself and Others

[Anna Freud Centre - We All Have Mental Health](#)  
[Mental Health Foundation - Looking after your mental health during the Coronavirus](#)  
[BACP - Coronavirus anxiety: How to cope if you're feeling anxious about Coronavirus](#)  
[Explaining Anxiety \(Fight/Flight/Freeze\) - Teenagers or Children](#)  
[The Children's Society: Mental Health and Coronavirus Info and Support](#)  
[Covid-19 Advice for Teachers and TAs](#)  
[Mind - Coronavirus and your wellbeing](#)  
[ChildLine - How to Cope with Anxiety](#)  
[Mental Health - Break the Stigma](#)  
[NHS - Every Mind Matters](#)



THANK YOU

## Support For Teachers & Schools

### Dealing with The Disruptions

[Anna Freud: Schools In Mind - Supporting School Video](#) and [Documents](#)  
[BPS - Coronavirus and UK school closures: Support for schools and parents/carers](#)  
[3PLearning - Maintaining positive parent relationships during school closure](#)  
[Babcock - Supporting Schools, Parents/Carers and Pupils](#)  
[NASP - Helping children cope with changes resulting from Covid-19](#)  
[NSPCC - Undertaking remote teaching safely](#)  
[Pearson - Supporting UK schools during Coronavirus](#)  
[SouthendLearningNetwork - Online Learning Resources](#)  
[Norfolk County Council - Online Learning Resources](#)  
[TES - Online Learning Resources](#)  
[PSHE Association - Online Learning Resources](#)



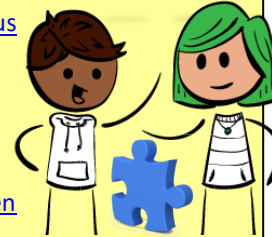
### Health and Working from Home

[Posture Tips for Laptop Users](#) and [Sitting at a Desk](#)  
[TES - Wellbeing for teachers working from home](#)  
[Hand Washing](#) and [How Germs Spread](#)  
[How to Wash Hands](#)  
[MENCAP - Info about Coronavirus](#)  
[CarersUK - Info for Carers and Young Carers](#)



### Talking about Covid-19

[YoungMinds - What to do if you're anxious about Coronavirus](#)  
[Nurse Dotty Books - Dave the Dog is worried about Coronavirus](#)  
[Wandering Minds - How to talk to kids about Coronavirus](#)  
[MindHeart - CoviBook \(available in multiple languages\)](#)  
[Explaining Covid-19](#)  
[BPS - Talking to children about Coronavirus](#)  
[NSPCC - How to have difficult conversations with children](#)  
[FlourishingFamilies - How to talk to children about Covid-19](#)  
[FACE COVID - How to Respond Effectively to the Corona Crisis](#)  
[UNICEF - How to talk to your child about coronavirus disease 2019 \(COVID-19\)](#)  
[Place2Be - Coronavirus: helpful information to answer questions from children](#)  
[Emerging Minds - Supporting young people with their worries and anxiety?](#)



### Useful Contacts & Online Services

[CCS Children's Services Duty Line: 0300 029 5050](#)  
 Department for Education Helpline: **0800 046 8687**  
 → Email: [DfE.coronavirushelpline@education.gov.uk](mailto:DfE.coronavirushelpline@education.gov.uk)  
 Mon – Fri, 8am - 6pm, and Sat and Sun, 10am - 4pm  
[Keep Your Head - Young People](#) or [Adults](#) or [Professionals](#)  
[Education Support](#): Free confidential support available 24/7  
 → Helpline: **08000 562 561** / Text: **07909 341 229**  
[First Response Service \(Mental Health Crisis\): 111, Opt. 2](#)



[Headspace](#): Free for Teachers  
[Stop, Breathe & Think](#): Free for Teachers

[BBC - Support for Teachers](#)  
[Samaritans: 116 123](#)  
[Men's Health Forum](#)  
[Family Lives](#)

