

## **Covid-19 Resources for Carers / Young People**

1. Anna Freud – National Centre for Children and Families advice on Coronavirus:  
<https://www.annafreud.org/coronavirus/>
2. Anna Freud – Resources for Self-Care Activities  
<https://www.annafreud.org/on-my-mind/self-care/>
3. British Association for Counseling Psychotherapy (BACP) – coping with anxiety:  
[https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/?dm\\_i=43MR,SZ24,3RGWSE,3HKDZ,1](https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/?dm_i=43MR,SZ24,3RGWSE,3HKDZ,1)
4. Carers UK – Corona Virus Guidance:  
[https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19?dm\\_i=43MR,SZ24,3RGWSE,3HKE6,1](https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19?dm_i=43MR,SZ24,3RGWSE,3HKE6,1)
5. Place 2Be Improving Children’s Mental Health - Coronavirus: Helpful information to answer questions from Children:  
[https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/?dm\\_i=43MR,SZ24,3RGWSE,3HKE4,1](https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/?dm_i=43MR,SZ24,3RGWSE,3HKE4,1)
6. Child-friendly cartoon (available in a number of languages) explaining Covid-19 and safety measures  
<https://www.mindheart.co/descargables>
7. Mental Health Foundation: Talking to you children about scary world news  
<https://www.mentalhealth.org.uk/publications/talking-to-your-children-scary-world-news>
8. World Health Organization : Coping with stress during the 2019-nCoV outbreak:  
[https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a\\_2](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2)
9. Young Minds: Looking after your mental health whilst self-isolating:  
<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>
10. Mind: Coronavirus and your well-being  
<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>