

Information to Support You

- **Coping with Stress**

The World Health Organisation have produced a [really helpful leaflet](#) to help cope with stress in the current situation.

- **What to do if you are anxious**

Young Minds, which is a website for young people, have developed a Webpage called '[What to do if you're anxious about Coronavirus](#)'.

- **Spending long periods of time at home with Young People with Learning Disabilities**

Please see the information below.

- **Online support**

Also see the information below on further support.

Online sites recommended by NHS England and NHS Improvement

- National Autistic Society – guidance and helpline for parents', young people and staff: [https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)
- Mencap - Easy Read guide to Coronavirus: <https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>
- Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>
- Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
- Carers UK - Guidance for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>
- Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: <https://www.mindheart.co/descargables>

- [Public Health England](#) have produced an easy read version of their [Advice on the coronavirus for places of education](#). You can download it [here](#).
- WHO Guidance - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- Kooth provides anonymous online Mental Health support for young people aged 11-25: www.kooth.com
- Qwell provides free online support for parents: <https://www.qwell.io/>