**Covid-19 / Coronavirus Resources**

BACP guidance around managing 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/>

Anna Freud links - [***Supporting schools & colleges: A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption***](https://annafreud.us13.list-manage.com/track/click?u=aa2c9f8b722440e7e05bedb82&id=b6a9958dd5&e=58f0e0f449) There are also three videos, one for [**school staff**](https://annafreud.us13.list-manage.com/track/click?u=aa2c9f8b722440e7e05bedb82&id=3936df136b&e=58f0e0f449), one for [**parents**](https://annafreud.us13.list-manage.com/track/click?u=aa2c9f8b722440e7e05bedb82&id=12ffbbb354&e=58f0e0f449) and one for [**children and young people**](https://annafreud.us13.list-manage.com/track/click?u=aa2c9f8b722440e7e05bedb82&id=bfeb6149a3&e=58f0e0f449) which may be useful.

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://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.autism.org.uk%2Fservices%2Fnas-schools%2Fvanguard%2Fnews%2F2020%2Fmarch%2Fcoronavirus-(covid-19)-advice.aspx&data=02%7C01%7CAAllard%40ncb.org.uk%7C7d078078e21d4611dba808d7cb45bcbd%7Cadc87355e29c4519954f95e35c776178%7C0%7C0%7C637201372684920098&sdata=X0p0IpfwmQXowcaQVRflamskU%2FNmdKpAYqUIn6RYxjI%3D&reserved=0)

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/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoungminds.org.uk%2Fblog%2Ftalking-to-your-child-about-coronavirus%2F&data=02%7C01%7CAAllard%40ncb.org.uk%7C7d078078e21d4611dba808d7cb45bcbd%7Cadc87355e29c4519954f95e35c776178%7C0%7C0%7C637201372684930090&sdata=hCT6wVcFSacio7qNOvk6eX8YRRm0uKSOa4QvPTitEMg%3D&reserved=0)

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](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mindheart.co%2Fdescargables&data=02%7C01%7CAAllard%40ncb.org.uk%7C7d078078e21d4611dba808d7cb45bcbd%7Cadc87355e29c4519954f95e35c776178%7C0%7C0%7C637201372684940084&sdata=H2glY%2Bfie1Tk3b6lnXcKEmKtZs%2Bf%2BCSQIydH2LaaCgI%3D&reserved=0)

Amaze - information pack for parents [https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Famazesussex.org.uk%2Ffaqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove%2F&data=02%7C01%7CAAllard%40ncb.org.uk%7C92a7a8384aa149ae85e808d7cb487833%7Cadc87355e29c4519954f95e35c776178%7C0%7C0%7C637201384417448135&sdata=vNjEFd%2F0%2BTMSMYvl2HRnHO02RnJpLmMDUdkpu2oDS8w%3D&reserved=0)

[Public Health England](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Feasy-read-online.us15.list-manage.com%2Ftrack%2Fclick%3Fu%3D6d563f7f763a0cf7e70c9cfe1%26id%3D0c04c35bc0%26e%3D1a4a54ea5e&data=02%7C01%7CAAllard%40ncb.org.uk%7Caf891cc0fed7420ba55608d7ca566849%7Cadc87355e29c4519954f95e35c776178%7C0%7C0%7C637200344772988297&sdata=9mh8m8DKfQVNX9GPfAMXq57s5ykCLVm7PE6%2BPiCAKUc%3D&reserved=0) have produced an easy read version of their [Advice on the coronavirus for places of education](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Feasy-read-online.us15.list-manage.com%2Ftrack%2Fclick%3Fu%3D6d563f7f763a0cf7e70c9cfe1%26id%3D6efa277046%26e%3D1a4a54ea5e&data=02%7C01%7CAAllard%40ncb.org.uk%7Caf891cc0fed7420ba55608d7ca566849%7Cadc87355e29c4519954f95e35c776178%7C0%7C0%7C637200344772978298&sdata=blVpFcNZEHqif7ytPfFwrpGNY2Mmmw4leeRFvWPiT4o%3D&reserved=0).  You can download it here: <https://www.publichealth.hscni.net/sites/default/files/2020-03/V4%20Coronavirus%20advice%20for%20schools%20poster%20020302%20EDU15.0.4%20%282%29.pdf>