



Below are some links that families and young people may find helpful during this time to support their mental health:

Some helpful information on supporting your own wellbeing and others during this time:

<https://www.relate.org.uk/relationship-help/covid-19-advice-and-information?fbclid=IwAR2UG0dxvFoew4AqDbY3zpUilGAGn19g4K6nNF9-z-djL84x9gYaIFR15BQ>

Autism speaks website with lots of useful videos and other resources aimed to support families of young people and adults with ASD

<https://www.autismspeaks.org/covid-19-information-and-resources>

More information about talking to your children about coronavirus as well as some helpful tips about how to look after your mental health at this time

<https://mentalhealth.org.uk/coronavirus?bblinkid=211101861&bbemailid=19989179&bbejrid=1415780688>

Children's society has advice and support on a range of topics which may be helpful for young people and families.

<https://www.childrensociety.org.uk/coronavirus-information-and-support>

Some advice from Mind to help to cope with the changes and look after your mental health

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse5453b>

Advice for teenagers during lockdown

<https://weneedtotalkaboutchildrensmentalhealth.wordpress.com/2020/03/29/2and-getting-through-lockdown-together-with-teenagers/>

Mindfulness activities

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

Mental health books for children

https://childmind.org/article/best-childrens-books-about-mental-health/?fbclid=IwAR1CPcyUDQ2MSAe6DtkYhMLDqumIPMiFjdStphE_3emBcvywSOGCKmsKUs

Lots of activities you can try, how to keep a routine and how to talk about coronavirus with your children

<https://www.home-start.org.uk/Listing/Category/support-for-families-during-covid-19>