

Useful resources and support for parents and practitioners

Wellbeing and mental health

[Kent Resilience Hub](#) one place where you can increase your understanding and awareness, find approaches and tools to navigate your way to appropriate support and services relating to resilience and emotional wellbeing.

[Young Minds](#) have a parent's helpline, information and resources

[Minds Action Children](#) for self-esteem and helping your child.

[Anna Freud](#) has a guide to supporting the mental health and wellbeing of staff at schools and colleges during periods of disruption

NHS' [Every Mind Matters](#) website is all about looking after your mental health and wellbeing including information about [sleep](#). Their website also offers an [interactive quiz](#) to give you some personal top tips and advice around promoting positive emotional and mental health and wellbeing. This has also been tailored for the Coronavirus outbreak.

NHS have also created a webpage about [Mindfulness](#), which can help improve your mental wellbeing.

[www.Kooth.com](#) - online support for young people (10-16-year olds) in Kent. Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Here are some videos of various mindfulness practices that can be undertaken individually or as a family.

Partnership for Children have produced this [worksheet](#) of activities (including growing seeds), which can help with conversations surrounding difficult changes and loss.

Kent Autistic Trust have created a free [Calm Pack](#) for families. This pack is full of activities and exercise to help families come together to feel safe and calm during this difficult time. The pack helps give reassurance to children.

Advice and Information

[Covid-19 guidance](#) is for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak. This provides [guidance for parents](#) on what to do if a child shows any of the symptoms or signs.

[Family Lives](#) if you're finding it hard at home with your child and are struggling to cope, call for free, confidential advice on 0808 800 2222.

[NSPCC](#) if you're worried about the safety of another child in our community, call them on 0808 800 5000. Or call the police on 999 if you think a child is in immediate danger.

The [Kent Integrated Domestic Abuse Service](#) is continuing to deliver remote support to individuals and take referrals for all services (although referrals will only be accepted if remote working with the client is possible). They will signpost to other suitable organisations where appropriate or consult on support. Remote working includes using technology and telephone systems to deliver support services.

Education

DfE has signposted [resources on supporting and promoting mental wellbeing](#) among the list of resources to help children to learn at home. DfE has worked with the BBC on an online educational package, which includes wellbeing content via [BBC Bitesize](#) and social media channels.

DfE's [guidance about safeguarding children](#) in all education settings during COVID-19 includes information on mental health and signposts to [guidance on mental health and behaviour](#).

A lot of people have started using Zoom recently, [here](#) is a toolkit for teachers around using Zoom with young people.

Bereavement support

<http://www.winstonswish.org>

Winston's Wish provides emotional and practical bereavement support to children, young people and those who care for them.

<http://www.sudden.org>

Sudden is a charitable service for people who have been bereaved by a death that happened suddenly or too-soon in someone's life.

<http://www.cruse.org.uk>

Cruse vision is that all bereaved people have somewhere to turn when someone dies. They aim to offer support, advice and information to children, young people and adults when someone dies.