

COVID-19 Mental Health and help resources for students and parents

- Local NHS Trust, Cheshire and Wirral Partnership (CWP), has launched a new mental health helpline for residents of Cheshire West, Cheshire East and Wirral.

Open 24 hours a day, seven-days a week, it is open to people of all ages including children and young people who need urgent mental health support.

0300 303 3972

- CEOP are releasing a new activity pack every 2 weeks to support parents to deliver online safety activities with children at a time when they will be spending more time online at home.

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

<https://www.thinkuknow.co.uk/parents/>

- Top tips for parents working from home:

<https://www.barnardos.org.uk/blog/tips-parents-working-home-barnardos-colleagues>

- The NSPCC has created an information and advice resource for parents/careers of young people with anxiety about Coronavirus.

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health>

- The NSPCC Library and Information Service has created a reading list of books for children who are worried or anxious. The free information service provides reading lists and help to find information on safeguarding topics

<https://library.nspcc.org.uk/HeritageScripts/Hapi.dll/retrieve2?SetID=3773524F-40ED-41A5-A9C2-D089337FEE6D&DataSetName=LIVEDATA>

- Going through change can be scary or challenging for children. These 10 top tips from Young Minds aimed at parents can provide a starting point for helping children struggling with a change in their life

<https://youngminds.org.uk/resources/school-resources/find-your-feet-transition-tips-for-parents/>

- During the lockdown families are spending much more time together and in these uncertain times emotions can run high and arguments happen more often. Tips for Coping with Family Conflict:

<https://www.barnardos.org.uk/blog/coping-family-conflict-during-lockdown>

- The Sheffield Children's NHS Foundation Trust have collated a valuable online library full of resources which can support parents, carers and children during the Covid-19 outbreak. Highlights include a family focused COVID-19 Self Care Kit.

<https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and->

[families/](#)

- NSPCC Learning has a library of resources which can help parents, carers and professionals to support children's mental health and wellbeing during the COVID-19 outbreak.

<https://learning.nspcc.org.uk/news/2020/april/supporting-children-young-people-mental-health>

- It can be hard to know how to talk to your child about online safety. From setting up parental controls to advice on sexting, online games and video apps, we can help you to understand the risks and keep your child safe.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

- The coronavirus outbreak is affecting the way many of us live our lives, and it's normal that this will affect people's mental health. We've gathered some resources that might be helpful.

<https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>