

27 April 2020

Dear Parents/Carers

Please see below some links to some of the support and advice for parents and young people:

NSPCC: advice around a range of issues including support for parents around a range of topics including talking and supporting your young person, advice for separated parents, supporting students with SEND, working from home, online safety.) Also, a link to child line activities 'calm zone' giving supportive activities around areas such as breathing, calming activities and support videos.

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

Just one Norfolk; Support for 0-25's with well-being and mental health in Norfolk and Waveney. Support and advice for parents.

<https://www.justonenorfolk.nhs.uk/mentalhealth>

Chathealth; text advice service for 11-19's 07480635060

Norfolk and Waveney NHS First Response: Call 0808 196 3494 A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.

MIND: Advice around a range of topics supporting parents and young people (including work and the virus, supporting teenagers, anxiety and panic attacks, managing stress, bereavement, loneliness and staying active)

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

Young minds - information, advice and strategies for young people around being well and mental well-being.

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

Anna Freud Centre: The site a range of topics and advice and includes 90 tips, activities or ideas for self-care in a section developed by a group of young people.

www.annafreud.org/onmymind

Childline: range of advice including support with feelings around the coronavirus;

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Bereavement: Nelsons Journey- a Norfolk based charity offering support and information to young people up to 18yrs. Tears and Smiles - smartphone app. www.nelsonsjourney.org.uk 01603 431788

On line safety: advice and activities for parents and young people about staying safe on line and managing safe internet use

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

Yours faithfully



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