

Support for all adults:-

.Mind have advice on the Coronavirus and your wellbeing:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse78341>

.10 tips to help if you are worried about coronavirus:

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/less-stress-in-60-seconds>

.Samaritans Phone number: 116 123

.Out of hours mental health support: 020 8702 3800

.Video for parents regarding the Coronavirus:

<https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be>

<https://www.annafreud.org/on-my-mind/>

.Lets Talk Improving Access to Psychological Therapies (IAPT): Service designed to work with mild to moderate common mental illnesses, including depression and anxiety disorders:

020 8342 3012

lets-talk-enfield@nhs.net

.Booklets on caring for your children at home:-

https://mail.lgflmail.org/owa/service.svc/s/GetFileAttachment?id=AAMkADRjNjdkNDc1LTFhOTItNDhiYi1hZDU2LTdmY2JlYTBmMzRiYQBGAAAAAABG%2BBtOGFu2QYQVSNbvgoZKBwA%2B96BNomWdR75eC%2FbTyaDKAArYQIA3AADT%2F6hjSjNITJoB2m1YYcBBAANPlh71AAABEgAQAJ3%2BtGznP5JmaAajTDwIMl%3D&X-OWA-CANARY=WL6auAngiEi_WpcR5vXanQYx-37p1tcl1h1me1br1itYENTxn28tX6jC-RjXINpBgQOafm5Ug3A

https://mail.lgflmail.org/owa/service.svc/s/GetFileAttachment?id=AAMkADRjNjdkNDc1LTFhOTItNDhiYi1hZDU2LTdmY2JlYTBmMzRiYQBGAAAAAABG%2BBtOGFu2QYQVSNbvgoZKBwA%2B96BNomWdR75eC%2FbTyaDKAArYQIA3AADT%2F6hjSjNITJoB2m1YYcBBAANPlh71AAABEgAQAB7Nv%2Bc%2F1khFmxqXLffcTns%3D&X-OWA-CANARY=WL6auAngiEi_WpcR5vXanQYx-37p1tcl1h1me1br1itYENTxn28tX6jC-RjXINpBgQOafm5Ug3A

Mindfulness videos/apps:-

<https://www.successclub.org.uk>

<https://www.headspace.com>

<https://www.insighttimer.com>

For Children:-

<https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf>

<https://www.place2be.org.uk/page/get-urgent-help/>

Childline – phone number: 0800 1111

Great resources and ideas about things adults and young people can do to manage any stress and anxiety they may experience in relation to coronavirus

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-aboutcoronavirus/>

Helpful messages on how to talk to children about Coronavirus

www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html

Video for children and young people, regarding the Coronavirus:-

<https://www.youtube.com/watch?v=ME5IZn4-BAk>

<https://www.annafreud.org/on-my-mind/>