

We're living in uncertain and rapidly changing times. We don't know how the coronavirus situation will impact on children and young people's mental health, but there is a risk that the concern that they feel may make them – and us – feel deeply anxious. This is especially true for children who may already have underlying issues.

We want to do all we can to prevent this from happening, or to minimise it. That's why we've created a new page on our website to help provide clear, simple advice to all those who are supporting children and young people - including to young people themselves.

The page features the resources below which we hope will help you support children, young people and their families. It also contains additional information and guidance and will continue to be updated as the Centre responds to the crisis.

We would like to share the very best materials that are available, so if know of any that have helped you in your work, or as a parent or carer, please do send them to us and we'll share them with our networks.

Please send any resources you have to [network@annafreud.org](mailto:network@annafreud.org)

[www.annafreud.org/coronavirus](http://www.annafreud.org/coronavirus)

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You can access the page at [www.annafreud.org/coronavirus](http://www.annafreud.org/coronavirus).

For any questions regarding the page or content, please email [network@annafreud.org](mailto:network@annafreud.org)

## Supporting Children and Young People through disruption

[Dr. Peter Fuggle gives advice aimed at children and young people during any disruption caused by the coronavirus.](#) (click this link)

## Self-care activities for children and young people

Our [self-care resource](#) for On My Mind has many simple self-care activities which young people can do at home. Written by young people to help other young people who are feeling low or anxious. The strategies should also be useful to adults.

## Supporting Parents and Carers through disruption

[Dr. Peter Fuggle provides guidance for parents and carers around supporting their children during any disruption caused by the coronavirus.](#) (click this link)

## Supporting Schools and Colleges through disruption

[Dr. Cyra Neave provides guidance for school staff around helping pupils manage their mental health and wellbeing during any disruption caused by the coronavirus.](#) (Click this link)

## Supporting Schools and Colleges booklet

Our new, free [Supporting Schools and Colleges booklet](#) provides advice and guidance for school staff about how to help children and young people manage their mental health and wellbeing during times of disruption to their learning.

## Supporting Staff Wellbeing in Schools and Colleges booklet

In challenging times, we want to ensure that you are taking care of yourself and colleagues. Download our free [Supporting Staff Wellbeing in Schools](#) booklet for practical examples of successfully implemented wellbeing strategies.

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