



## COVID - 19: Coronavirus Resources to Support Schools

There are many COVID-19 resources now available to support schools; children and young people, school staff and parents during the pandemic. The list and links below provide a summary of some of the most useful known to be available at 6 April 2020.

HM Government

**CORONAVIRUS**  
**STAY AT HOME**  
**SAVE LIVES**

The only reasons to leave home are to:

- ✓ shop for basic necessities, pick up medicine, travel to work when you absolutely cannot work from home and exercise once a day – alone or with members of your household.
- ✗ Do not meet others, even friends or family.

NHS

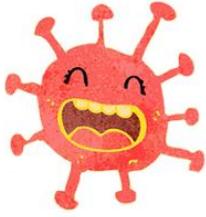
**CORONAVIRUS**  
**STAY HOME**  
**PROTECT**  
**THE NHS**  
**SAVE LIVES**

### Story Books and Guides for Children and Young People



#### Children's Guide to Coronavirus

The Children's Commissioner has produced a [useful guide for children about coronavirus \(COVID 19\)](#).



## **MindHeart Co: Story Book for Under 7's on COVID-19**

Produced by MindHeart Co this [short free to download online book](#), is designed to support and reassure children, under the age of 7, about COVID-19. This book is an invitation for families to discuss the full range of emotions arising from the pandemic. The story book is available in a wide range of languages.

## **Recovery College Online - Coping During the Pandemic**

The Recovery College online from Tees, Esk and Wear Valleys NHS Foundation Trust, has produced a [free course for children aged 7-12](#) as a way of learning about the global COVID-19 pandemic. The course helps children to learn about the new virus, how to stay healthy and do their best not to pass it on, how they might feel about it, things to do at home and how they can help themselves. The course is free to access for everyone.



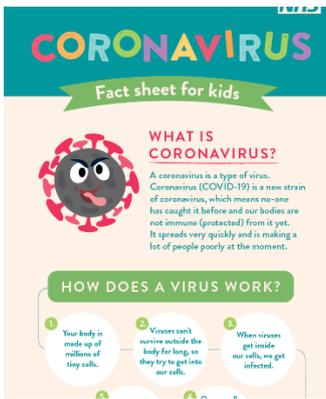
## **ELSA Support: Story Book for Children on Coronavirus**

Elsa Support has produced a [short story book for children](#) on coronavirus. The book can be downloaded free of charge. An English and Polish version is available.

## **BBC Newsround; Questions and Answers on Coronavirus**

[BBC Newsround](#) has a film for children and young people, with their questions about coronavirus answered by twin brothers, Dr Chris and Dr Xand.





## Coronavirus Fact Sheet for Children

The [Public Health England campaign resource centre](#) includes a free to download factsheet for children about coronavirus. It includes information for children to help them understand what Coronavirus is, the importance of hand washing and how to help stop the virus spreading. This was developed by the Alder Hey Children's NHS Foundation Trust.

## Mental Health Support for Children and Young People



### Resources to Support Children and Young People's Mental Health

The Anna Freud Foundation have produced a [series of resources](#) to help support our children and young people's mental health during these unsettled times. They include video clips and self-care resources.

# YOUNGMINDS

## YoungMinds

Feeling concerned or overwhelmed by the coronavirus pandemic is understandable, especially for those struggling with their mental health or you have a physical illness. It might be that children and young people are anxious about their own health or someone in their family and the impact the virus will have on their life. Young Minds has produced a helpful [blog for young people](#) to help support them through the pandemic.



## **RISE Mental Health Support**

As part of the Government's mental health and young people trailblazer programme a new website for Newcastle and Gateshead called [RISE](#) has been produced.

The RISE team works with young people in schools across Newcastle and Gateshead to help support their emotional and mental wellbeing. School is full of positive and negative experiences. School life can be especially difficult when people experience added pressures, whether school related or in their personal life. All young people from across Newcastle and Gateshead are eligible for help and support from the RISE team.

The website includes a list of links to online resources, including mental health support and advice to support parents, carers and children cope during the COVID-19 pandemic.



## **Kooth Support; Online Support for Young People**

[Kooth](#) is a web based confidential support service available to young people in Newcastle. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

It offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside of counselling hours young people can message the Kooth team and get support by the next day.

When students register with Kooth they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

To find out more visit [www.Kooth.com](http://www.Kooth.com) where young people can register and others can find out more about the service.

You can also view a short video about the service at:  
<https://vimeo.com/318731977/a9f32c87de>

The service is 'open for business' as usual throughout the COVID-19 pandemic

## Resources to Support Staff Wellbeing



### Looking Each Other and Ourselves

The Anna Freud Foundation has produced a new guide to support the mental health and wellbeing of staff at schools and colleges during periods of disruption.

<https://www.annafreud.org/media/11242/looking-after-each-other-ourselves-final.pdf>

### How to look after your mental health during the Coronavirus outbreak



The Mental Health Foundation's website provides easy to read top tips and practical suggestions about how adults can manage their mental health during the COVID-19 pandemic. This is particularly useful for those working from home or self-isolating or shielding.

**NORTH EAST AND NORTH CUMBRIA**  
**Suicide Prevention**  
NETWORK

**Mental wellbeing and keeping safe during the coronavirus outbreak: sources of advice and support**  
March 2020

There is no doubt that we are currently living through a hugely difficult time, so it's important that we take some time to reflect on how we are all feeling. It is completely normal to feel stressed and anxious in challenging times such as this and to feel this way does not mean we are failing. We have produced this resource with some links to sources of support which we hope you find useful.

**General mental wellbeing advice**

- Mind - Coronavirus and your wellbeing
- Samaritans - If you're worried about your mental health during the coronavirus outbreak
- Mental Health Foundation - Looking after your mental health during the coronavirus outbreak
- PNE Every Mind Matters - 10 tips to help if you are worried about coronavirus
- World Health Organisation - Mental health and psychosocial considerations during COVID-19 outbreak

**If you're struggling**

If your mental or emotional state quickly gets worse at any time during the coronavirus outbreak, or you're worried about someone you know, you can seek urgent help or advice via the following links.

- List of mental health helplines
- Staying safe - Staying safe from suicidal thoughts
- Samaritans - Practical ways to help yourself cope

**Children and young people**

- Young Minds - Talking to your child about coronavirus
- Mental Health Foundation - Talking to your children about the coronavirus pandemic

**ICS**

### COVID-19 suicide prevention and mental health support

The North East and Cumbria Suicide Prevention Network has produced a document containing advice and links for mental health and wellbeing during the COVID-19 outbreak, for all ages. It also includes some signposting for urgent support and suicide prevention. Click on the pdf below to access this.



COVID-19 suicide prevention and men

## Parental and Carer Support

### **Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak**

The coronavirus (COVID-19) outbreak is affecting everyone's daily lives. Regardless of their age, this may be a difficult time for children and young people. Some may react right away, while others may show signs of difficulty later on. How a child or young person reacts can vary according to their age, how they understand information and communicate, their previous experiences, and how they typically cope with stress. Negative reactions may include worrying thoughts about their health or that of family and friends, fear, avoidance, problems sleeping, or physical symptoms such as stomach-ache. During this time, it's important that we all take care of our own and family's mental health.

Public Health England have produced some [guidance for parents and carers](#) on supporting children and young people's mental health and wellbeing during the coronavirus outbreak.

### **PSHE Association Guide for parents and carers educating children at home**

The PSHE Association has produced some short [guidance for parents and carers](#) to support them to contribute to their child's PSHE education outside of school or through home learning. Parents/carers are their child's first educator and play a vital role in their personal and social development. Therefore, PSHE education should always be a partnership between schools and parents/carers. This guidance is relevant at any time, but particularly so given current school closures due to the coronavirus epidemic.

## Other Teaching Resources

### **PSHE Association**

#### **Coronavirus Hub**

The PSHE Association have created a [coronavirus hub](#), including a guide and resources to teach PSHE remotely and advice on addressing it in PSHE lessons. The hub will be further developed in the coming months.

## **Home learning lesson plans on healthy sleep habits**

Maintaining health and healthy routines is a priority given the coronavirus situation. The PSHE Association has therefore produced some lessons for Key Stage 2,3 and 4 to cover healthy sleeping habits with pupils learning from home. The lessons will help pupils to: [The Sleep Factor — home learning lesson plans on healthy sleep habits | PSHE Association](#)

- recognise what good quality sleep is and what the benefits of it are
- understand the importance of routines for promoting good quality sleep
- understand how sleep patterns change and how challenges in getting good quality sleep can be overcome

Information correct at 6 April 2020.

List compiled by Judith MacMorran  
Health Improvement Practitioner (Advanced)  
Newcastle City Council  
[Judith.macmorran@newcastle.gov.uk](mailto:Judith.macmorran@newcastle.gov.uk)