

Mental wellbeing

This initial list of mental wellbeing resources is based on the recommendations of trusted partners.

It is designed to provide guidance on how to support the wellbeing of children and young people being educated remotely.

Many organisations already working with schools will be able to provide remote support, and schools are encouraged to discuss what ongoing support might be available during this time.

Mental wellbeing: primary

Anna Freud National Centre for Children and Families

Website: <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Key stages: early years foundation stage to key stage 2

Description: wellbeing advice for all those supporting children and young people.

Registration: not required

British Psychological Society (BPS)

Website: <https://www.bps.org.uk/news-and-policy/bps-offers-advice-schools-parents-and-carers-help-children-through-uncertainty>

Key stages: early years foundation stage to key stage 2

Description: advice on dealing with school closures and talking to children about COVID-19.

Registration: not required

Children's Commissioner

Website: <https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

Key stages: early years foundation stage to key stage 2

Description: a downloadable guide for children about coronavirus.

Registration: not required

MindEd

Website: <https://www.minded.org.uk/>

Key stages: early years foundation stage to key stage 2

Description: an educational resource for all adults on children and young people's mental health.

Registration: not required, but registration increases functionality

The Child Bereavement Network

Website: <http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx>

Key stages: early years foundation stage to key stage 2

Description: advice on supporting grieving children during the coronavirus outbreak.

Registration: not required