

Monday 8th June 2020

WELL BEING

Hello Everyone!

I hope you are all keeping well and safe.

I have been able to find a really useful resource that can support you and your child/children with their mental health and well being during these unprecedented times. The resource is from the Children's Society and the details of the different aspects of mental and emotional health are listed below. The link to the website is embedded.

Take care everyone!

Coronavirus Covid-19 information and support (Children's Society)

The Children's Society has a range of support materials for young people, parents and schools in their mental and emotional health resource 'vault' including:

- Anxiety
- Depression and Mood
- Loneliness
- Obsessive compulsive disorder
- Phobias
- Self care
- Emotional resilience
- Mental Resilience

<https://www.thinkuknow.co.uk/parents/Support-tools/presentations-for-parents/>