

Useful resources and links to share:

For young children:

1. **Stay at home free activity packs:** You don't have to be a member to take advantage of this. The site has lots of ideas to keep children busy:

<https://crowd.in/xDpD9N>

2. **Change4Life's new Shake Up games:** inspired by Disney and Pixar's Toy Story 4 and Incredibles 2, and Disney's The Lion King and Frozen. 10 minute bursts of fun! <https://www.nhs.uk/10-minute-shake-up/shake-ups?filter=froz>

3. **Talking to your child about corona virus** and 10 tips for parents:

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Mental health resources for young people: (also separate sheet)

Young Minds: <https://youngminds.org.uk> A good website for anxiety and depression.

www.justdropin.co.uk - They give useful tips for coping with isolation

- Keep a daily routine going
- Get some fresh air.
- Connect online with family and friends
- Search online for free activities.
- Make a boredom jar.
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Kooth.com- for YP: <https://www.kooth.com> - a free safe anonymous support for young people

MyMind.org.uk: <https://www.mymind.org.uk> Specifically for young people. Resources and links for anger, bereavement + loss, diet, bullying, drugs+alcohol, difficulties, exercise, low mood, stress, sleep

NHS mental Health Crisis line: **0300 303 3972** - open 7 days a week 24 hrs a day

<http://www.cwp.nhs.uk/news-and-blogs/news/new-helpline-goes-live-to-support-people-s-mental-health/>

Child line: - <https://www.childline.org.uk>

Parents resources

Cheshire without abuse: <http://www.cheshirewithoutabuse.org.uk/>
0300 123 5101 If parents have no credit they can text 07771941464

Guidance for parents/carers on supporting C and YP mental health and wellbeing- all ages and needs:
<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Looking after your body- guide produced by Learning Disability England:
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876989/Easy_read_looking_after_your_feelings_and_body.pdf

PHE Guidance for public on mental health and wellbeing:
<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

For families coping with autism during current crisis: Stories, daily news schedule template, managing anxiety and much more: <https://www.autism.org.uk/services/helplines/coronavirus/resources/helpful-resources.aspx>

Online safety: with tips for all age groups: <https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

Substance misuse:

CGL 01625 464995 for referrals and advice (24hours non emergency)
Drugsand.me website (harm reduction)
Drug help line FRANK 0300 123 660
N.A. 0300 999 1212 - email – meetings@ukna.org Narcotics Anonymous

Alcohol specific:

AA 020 7403 0888
Polish AA 020 727 84159
Drink line 0800 917 8782 MON-FRI 9.00-23.00

Mental health resources for all ages: <https://ihv.org.uk/families/parenting-through-coronavirus-covid-19/>

Livewell Cheshire East:

https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&cad=rja&uact=8&ved=2ahUKewj5lILEgtnoAhWbRxUIhf_4BclQFjAAegQICBAC&url=https%3A%2F%2Fwww.cheshireeast.gov.uk%2Flivewell%2Flivewell.aspx&usq=AOvVaw3hBZd4pMLKTdLH2vGg-H8U



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