**Websites for supporting mental health and wellbeing**

**These websites offer support, advice and activities to help mental health and wellbeing.**

**Child mind –** <https://childmind.org/>

**Resources for supporting children**

Coping With the Coronavirus Crisis

[Supporting Kids Through the COVID-19 Crisis](https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/)
Tips for nurturing and protecting children at home.

[Supporting Teenagers and Young Adults During the Coronavirus Crisis](https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/)
Tips for parents with older children at home.

[Self-Care in the Time of Coronavirus](https://childmind.org/article/self-care-in-the-time-of-coronavirus/)
For parents, prioritizing your own well-being benefits your whole family.

[Anxiety and Coping With the Coronavirus](https://childmind.org/article/anxiety-and-coping-with-coronavirus/)
Managing worry — your kids’ and your own.

[How Mindfulness Can Help During COVID-19](https://childmind.org/article/how-mindfulness-can-help-during-covid-19/)
Tips for calming anxiety during a difficult time.

[Talking to Kids About the Coronavirus](https://childmind.org/article/talking-to-kids-about-the-coronavirus/)
Kids worry more when they’re kept in the dark. Here’s what to say.

[Giving Kids With ADHD Support and Structure During the Coronavirus Crisis](https://childmind.org/article/giving-kids-with-adhd-support-and-structure-during-the-coronavirus-crisis/)
Managing attention (yours and theirs) will help kids thrive.

# **Autism and the Coronavirus**

[Resources for Families of Children on the Spectrum](https://childmind.org/autism-coronavirus-resources-for-parents/)
From how to talk to kids with autism about the coronavirus to how to teach handwashing and develop schedules.

**Save the Children**

<https://www.savethechildren.org.uk/what-we-do/coronavirus-information-advice>

**Information, advice and activities**

**Young Minds**

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>



**Leicestershire County Council – SENA**

Information can be found on the following website for children with special needs, showing links to other agencies.

<https://www.leicestershire.gov.uk/education-and-children/special-educational-needs-and-disability/information-and-support/information-and-support-during-coronavirus>