



*Supporting families and the local community to reach their goals*

## Emergency Contacts for Covid-19

### Young Minds

How to look after your mental health when self-isolating

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-aboutcoronavirus/>

### Centre for Disease Control

Helpful messages on how to talk to children about Coronavirus

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

### Every Mind Matters

Information about mental health and wellbeing

<https://www.nhs.uk/oneyou/every-mindmatters/>

### Mind

How to cope if you're anxious about coronavirus, how to manage staying well at home and your mental health and wellbeing during self-isolating

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

### Video for parents

Regarding the Coronavirus

<https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be>

### Video for children and young people

Regarding the Coronavirus

<https://www.youtube.com/watch?v=ME5IZn4-BAk>

### Healthy Young Minds

A weekly update via the Healthy Young Minds in Herts website

<https://healthyyoungmindsinherts.org.uk/schools/how-lookafter-your-mental-health-and-emotional-wellbeing-during-covid-19-outbreak>

### Just Talk

Helpful advice around managing self-care. Plus a webpage for focussed on how to cope during isolation coming soon

[www.justtalkherts.org](http://www.justtalkherts.org)

### Unicef

Information regarding Coronavirus

[www.unicef.org/coronavirus/covid-19](http://www.unicef.org/coronavirus/covid-19)