

Wellbeing - Coronavirus Info

During this time people may be feeling many different emotions. Here is some information to support both adults and young people.

Small Paul - a story of bravery, resilience and knowing things will eventually return to normal

An animation and story book for children to explain Coronavirus with downloadable resources

For adults:

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

Parents/carers advice:

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

Young person's advice:

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

Information and support for all the family, including Toddlers and Babies:

<https://www.annafreud.org/coronavirus/>