



It is now just over 6 weeks since school closed. It may be that your children are missing much loved family members, missing the routine of school and missing the opportunity to meet with their friends to chat and play. Children can sometimes find it difficult to express in words exactly how they are feeling and may instead show that they are anxious or worried in other ways. To help you support your family's wellbeing and mental health, here are some links to websites that offer help:

Public Health England has issued a document to help families support children's wellbeing and mental health at this time -

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

'Every Mind Matters' is an NHS platform which supports looking after your own mental health and that of children and young people - <https://www.nhs.uk/oneyou/every-mind-matters/>

For tips, advice and a helpline for parents and carers - [www.youngminds.org.uk](http://www.youngminds.org.uk)

Place2Be is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools - [www.place2be.org.uk](http://www.place2be.org.uk)

If you need urgent support to manage your mental health, you can find it at <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency/>

