

Some useful links

General

Collection of safe, local offers for children and young people, via *Young Harrow Foundation*. Click [here](#)

Guidance for parents and carers on supporting children and young people's mental health and wellbeing, from *Public Health England*. Click [here](#)

Supporting your child during the Coronavirus pandemic', from *Young Minds*. Click [here](#)

Talking to children about Coronavirus

How to talk to your child about coronavirus, by *Unicef*. Click [here](#)

Some information with pictures

Easy Read fact sheet, from *Mencap*. Click [here](#)

Children's guide to Coronavirus, from *Children's Commissioner*. Click [here](#)

Simple visual guide to Coronavirus and how to stay healthy, from *PAautism*. Click [here](#)

Some things to watch

Animation on Coronavirus for Primary age children (KS2), from *Brainpop*. Click [here](#)

Animation on Coronavirus for older children/adults, from *World Health Organisation*. Click [here](#)

Links for young people

Tips, advice and guidance on getting support for your mental health, by *Young Minds*. Click [here](#)

How teenagers can protect their mental health during Coronavirus, from *UNICEF*. Click [here](#)

What to do if you're anxious about Coronavirus, from *Young Minds*. Click [here](#)

Five ways to wellbeing, from *Mindkit*. Click [here](#)

Your wellbeing

Clear advice and actions for your own mental health and wellbeing, by *Every Mind Matters*. Click [here](#)

Coronavirus and your wellbeing, by *Mind UK*. Click [here](#)

Coronavirus and your mental health, by *Heads Together*. Click [here](#)

Note: as the situation and sources of information are developing, the above tips and links may be updated (version 2; 29.03.20)

Harrow Educational Psychology Service

For more information about Harrow services for young people with special educational needs and disabilities, please visit: <http://harrowlocaloffer.co.uk/>



Educational Psychology Service, Civic 5 & 6, Harrow Civic Centre, Station Road,
Harrow. HA1 2XY
tel 020 8051 8380 fax 020 8051 8369 web www.harrow.gov.uk

What's going on ...?

If you are feeling concerned and disappointed, worried about school closures, alarming headlines, lonely, isolated and frustrated - then know this..... YOU are NOT ALONE.

People and organisations in Harrow care about what you are going through and are looking at creative, cyber based ways, to support you. As adults, we may be so much slower in using social media and online services, but we are all in this together and willing to give it a try.

Click below if you are looking for a safe place to speak, for one to one and peer mentoring support, music, fitness and so much more – many of these services are free!

<https://youngharrowfoundation.org/projects/young-people/grid/90814/0/0/undefined/?q=>

Keep checking it out as the weeks go on as we will be adding new projects for you to access.

For more information and support:

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

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