**Links to useful web pages and resources:**

Young Minds

Looking after your mental health whilst self-isolating:

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

Young Minds

Talking to your child about coronavirus:

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

Mind

Coronavirus and your wellbeing:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse424ea>

Student Minds

[https://www.studentminds.org.uk/coronavirus.html#](https://www.studentminds.org.uk/coronavirus.html)

The Mental Health Foundation

Looking after your mental health during the coronavirus outbreak:

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Place2Be

Coronavirus: Helpful information to answer questions from children

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

Anna Freud

Supporting young people mental health through periods of disruption:

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>