

Well-Being and Mental Health update

Below are some links and resources you may find useful if your child is anxious, needing more specialised well-being support or for families with a child with a Special Educational Need (SEND). *Links taken from Derby City QSP updates.*

NHS Mental Health Support line The 24/7 mental health support line is all age and currently operating 9am – Midnight The triage is currently completed by mental health practitioners https://www.derbyshirehealthcareft.nhs.uk/getting-help/coronavirus-covid-19/mental-health-support-line	Managing younger children's anxiety Mindful and relaxation exercises that parents can do with younger children to help with managing anxiety https://www.youtube.com/user/CosmicKidsYoga https://www.headspace.com/meditation/kids <i>Source: NW SEND Regional Network and Derby City update.</i>
Special Education Needs and Disability useful links Autism National Autistic Society – guidance and helpline for parents', young people and staff: https://www.autism.org.uk/services/helplines/coronavirus/resources https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid19)-advice.aspx The Autism Education – A social story about coronavirus that has a good level of specificity about the effects of social distancing e.g. not being able to go to favourite places. General needs General information for young people about managing their mental health https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/ Mencap - Easy Read guide to Coronavirus: https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf Amaze - information pack for parents https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/ Sensory needs Information for those with sensory difficulties who struggle with handwashing https://www.sensoryintegration.org.uk/News/8821506 Specific need (OCD) Information for those experiencing OCD https://www.ocduk.org/ocd-and-coronavirus-survival-tips/ <i>Source: NW SEND Regional Network and Derby City update.</i>	