

Resources for Children, Young People, Parents and Carers

COVID-19

If you would like some more information on how to manage your child's worries, it might be helpful to have a look at the resources below. We have put together a mixture of child friendly guides, tools and videos as well as information for parents on coping with anxiety during the Coronavirus outbreak.

Information for Children and Young People

[Young Scot](#) is offering lots of young people friendly info about Coronavirus, including Tik Tok videos for washing your hands, a Coronavirus jargonbuster and relaxation exercises.

[R U Worried? A Guide to What You Can do When You're Feeling Worried](#) from MoodCafe

[MoodCafe – Feeling Worries, Frightened, Stressed or Anxious](#)

[Young Scot advice for Young Carers](#)

[Coping Skills for Kids](#) have a range of resources for managing big emotions, and have developed a resource especially for coping with Coronavirus

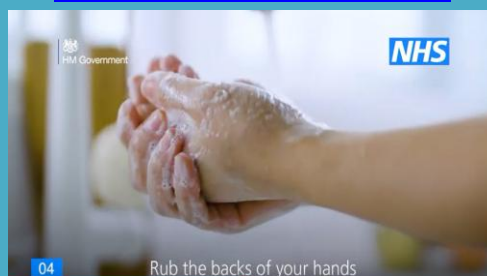
[What to do if you're anxious about Coronavirus \(Young Minds\)](#)

A Comic about Coronavirus

[Video: Coronavirus Explained for Children](#)



[Video: How to Wash Your Hands](#)



[Video: Advice if You're Upset by the News](#)



Information for Parents and Carers

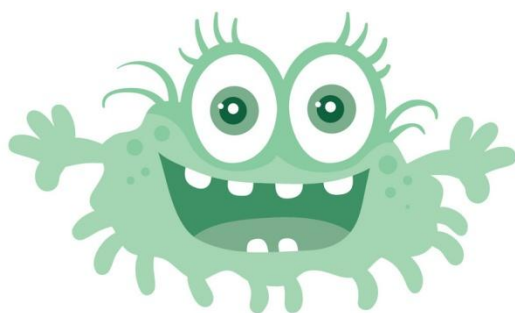
Supporting Your Child

[Young Minds: Helping your child to cope with anxiety](#)

[Helping Children Cope in a Disaster](#)

[An Easy Read Guide to Coronavirus by Mencap](#)

[Supporting Young People's Mental Health during Periods of Disruption \(Anna Freud National Centre for Children and Families\)](#)



Information for Parents and Carers

Looking after Your own Mental Health

[How to Cope if you are feeling anxious about the outbreak](#) (British Association of Counselling and Psychotherapy)

[Coronavirus and Your Wellbeing \(Moodcafe\)](#)

[World Health Organisation – Coping with Stress during the Outbreak](#)

[SAMH – Coronavirus and Your Mental Wellbeing](#)

[NHS Five steps to mental wellbeing](#)

If you feel you need further support, the following help lines are still taking calls and will be available to listen:

- Breathing Space Scotland, 0800 83 85 87 – Mon-Fri 6pm-2am, Sat-Sun 24hrs
- Samaritans, 116 123 – 24hrs
- Parentline Scotland, 08000 28 22 33 – Mon-Fri 9am-9pm, Sat-Sun 9am-Noon – webchat available.
- Childline (for children and young people), 0800 1111 – 24hrs – webchat and email available.
- NHS 24 111 – 24hrs - for up to date health advice. [Website symptom checker available here.](#)

If you feel you or someone else is at imminent risk of harm due to their physical or mental health, please contact the emergency services on 999.