**North Staffordshire Mental Health Crisis Support for All Ages (children and adults):**

If you are concerned about your mental health or someone you care for you can contact the ACCESS TEAM directly on 0300 123 0907 (OPTION 1) or 07739 775202 if the main number is unavailable. This is a 24 hours, 7 days a week service.

<https://combined.nhs.uk/our-services/children-and-young-people/child-and-adolescent-mental-health-services-camhs/>

**Talking about coronavirus:**

A free information book explaining the coronavirus to children, illustrated by Gruffalo illustrator Axel Scheffler:

<https://primarysite-prod-sorted.s3.amazonaws.com/bedford/UploadedDocument/30301c57992748cbb4de187cc5eedaca/coronavirus-a-book-for-children.pdf>

Dave the Dog is Worried about Coronavirus- a book for younger children:

<https://primarysite-prod-sorted.s3.amazonaws.com/bedford/UploadedDocument/fec261d7d5df4e53b4860674823a21cb/dave-the-dog-is-worried-about-coronavirus-1.pdf>

NSPCC Advice and Support for talking about coronavirus:

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-suppport-children-families-parents/>

YounMinds Help for parents- supporting your child through the coronavirus pandemic

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

Place2Be Coronavirus: Wellbeing activities for families

<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>

Mentally Health Schools Took Kit for dealing with the effects of lockdown:

<https://mentallyhealthyschools.org.uk/resources/coronavirus-dealing-with-the-effects-of-lockdown-toolkit-5/>

**Keeping active:**

Super Movers: <https://www.bbc.co.uk/teach/supermovers>

PE with Joe Wicks: <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>

NHS Get Active games and activities: <https://www.nhs.uk/change4life/activities>

**Calming activities:**

Colouring activities, ways to talk about wellbeing and ways to to help children talk about and manage their feelings:

<https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/>

Childline Calm Zone: for older children to talk about with parents (calming strategies, yoga and breathing exercises)

<https://www.childline.org.uk/toolbox/calm-zone/>

**Calming activity ideas for younger children:**

<https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm>

<https://www.bbc.co.uk/cbeebies/grownups/go-explore-app-your-mindful-garden>

<https://www.bbc.co.uk/bitesize/articles/zjvwkmn>

**Non-screen activity ideas:**

<https://medium.com/pobble/25-more-simple-and-fun-non-screen-activities-that-children-can-do-at-home-f74550c00a84>

**Cooking ideas and recipes for healthy foods:**

<https://www.nhs.uk/change4life/recipes>

<https://www.bbcgoodfood.com/recipes/category/family-kids>

<https://www.bbc.co.uk/cbeebies/curations/easy-cooking-with-kids-recipes>

**Getting a good night’s sleep:**

Tips for children on getting a good night’s sleep: <https://www.bbc.co.uk/newsround/47163372>

Ideas for parents with younger children: <https://www.bbc.co.uk/cbeebies/curations/cbeebies-grownups-bedtime>

Calming sounds for bedtime: <https://www.bbc.co.uk/cbeebies/curations/radio-calming-sounds>

**Support with Bereavement:**

<https://www.thedoveservice.org.uk/>

Supporting a bereaved child <https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/>

Supporting children through difficult times: <https://www.childbereavementuk.org/pages/category/coronavirus>