

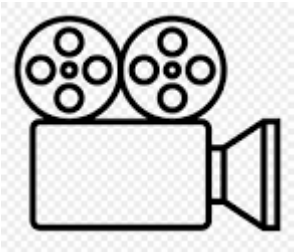
We will do everything that we can to support you. Please feel free to contact us.

Tel: 01670 860769

Government Guidance



A video for older children about dealing with worries.



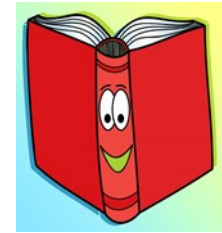
Useful links:



Mental Health and Wellbeing

We understand that coronavirus (COVID-19) is having a huge impact on daily life for everyone at the moment. There is lots of guidance on the internet to help us manage our mental health and wellbeing during this challenging time. We hope that this page can signpost you to some useful resources. Remember that everyone is different... do whatever feels right for you and your family!

A book to explain coronavirus to young children.



A book to explain coronavirus to older children.



Activity ideas to promote wellbeing at home.



Useful links:

- [Information from Northumberland County council. Coronavirus: Supporting Children and Young People](#)
- [NHS advice for looking after children during the coronavirus outbreak](#)
- [Anna Freud National Centre for Children and Families: Covid-19 Support](#)
- [British Psychological Society: Responding to Coronavirus, resources and support](#)
- [Child Bereavement Network](#)
- [NHS 'Every Mind Matters' resources](#)