**Resources for families and carers**

[Coronavirus: looking after your mental health at home (place2be.org.uk)](https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-advice-for-families-staying-at-home/)

Paula Nagel, Place2Be's Principal Educational Psychologist, suggests some ways that you can look after your children’s, and your own, mental health and wellbeing at this unsettling time

[Resources for Families & Supporters - Emerging Minds](https://emergingminds.org.uk/resources-for-families-supporters/)

Provides resources which children, young people and their families may find useful in the context of COVID-19

[Coronavirus: resources and information | Centre for Mental Health](https://www.centreformentalhealth.org.uk/coronavirus-resources-and-information)

Provides a variety of links to resources to support wellbeing of children and young people, parents and carers during Covid 19

**Childline Calm Zone**– Provides lots of ways for children to stay calm including breathing exercises, activities, games and videos to help let go of stress.

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