**Useful resources and links to share:**

**For young children:**

1. **Stay at home free activity packs:** You don’t have to be a member to take advantage of this. The site has lots of ideas to keep children busy:

[**https://crowd.in/xDpD9N**](https://crowd.in/xDpD9N)

1. **Change4Life’s new Shake Up games:**  inspired by Disney and Pixar’s Toy Story 4 and Incredibles 2, and Disney’s The Lion King and Frozen. 10 minute bursts of fun! [**https://www.nhs.uk/10-minute-shake-up/shake-ups?filter=froz**](https://www.nhs.uk/10-minute-shake-up/shake-ups?filter=froz)
2. **Talking to your child about corona virus** and 10 tips for parents: [**https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/**](https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/)

**Mental health resources for young people: (also separate sheet)**

**Young Minds:** [**https://youngminds.org.uk**](https://youngminds.org.uk)Agood website for anxiety and depression.

[**www.justdropin.co.uk.-**](http://www.justdropin.co.uk.-)They give useful tips for coping with isolation

* Keep a  daily routine going
* Get some fresh air.
* Connect online with family and friends
* Search online for free activities.
* Make a boredom jar.

**Kooth.com- for YP: https://www.kooth.com** - a free safe anonymous support for young people

**Mymind.org.uk: https://www.mymind.org.uk** Specifically for young people. Resources and links for anger, bereavement + loss, diet, bullying, drugs+alcohol, difficulties, exercise, low mood, stress, sleep

**NHS mental Health Crisis line: 0300 303 3972** - open 7 days a week 24 hrs a day [**http://www.cwp.nhs.uk/news-and-blogs/news/new-helpline-goes-live-to-support-people-s-mental-health/**](http://www.cwp.nhs.uk/news-and-blogs/news/new-helpline-goes-live-to-support-people-s-mental-health/)

**Child line: -** [**https://www.childline.org.uk**](https://www.childline.org.uk)

**Parents resources**

**Cheshire without abuse:** [**http://www.cheshirewithoutabuse.org.uk/**](http://www.cheshirewithoutabuse.org.uk/)

0300 123 5101 If parents have no credit they can text 07771941464

**Guidance for parents/carers on supporting C and YP mental health and wellbeing- all ages and needs:**

[**https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak**](https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak)

**Looking after your body- guide produced by Learning Disability England:** [**https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\_data/file/876989/Easy\_read\_looking\_after\_your\_feelings\_and\_body.pdf**](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876989/Easy_read_looking_after_your_feelings_and_body.pdf)

**PHE Guidance for public on mental health and wellbeing:** [**https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19**](https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19)

**For families coping with autism** during current crisis: Stories, daily news schedule template, managing anxiety and much more: [**https://www.autism.org.uk/services/helplines/coronavirus/resources/helpful-resources.aspx**](https://www.autism.org.uk/services/helplines/coronavirus/resources/helpful-resources.aspx)

**Online safety:** with tips for all age groups: [**https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/**](https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/)

**Substance misuse:**

CGL 01625 464995 for referrals and advice (24hours non emergency)

Drugsand.me website (harm reduction)

Drug help line  FRANK 0300 123 660

N.A. 0300 999 1212  -  email – [**meetings@ukna.org**](mailto:meetings@ukna.org) Narcotics Anonymous

**Alcohol specific:**

AA 020  7403 0888

Polish AA 020 727 84159

Drink line 0800 917 8782 MON-FRI 9.00-23.00

**Mental health resources for all ages:**  [**https://ihv.org.uk/families/parenting-through-coronavirus-covid-19/**](https://ihv.org.uk/families/parenting-through-coronavirus-covid-19/)

**Livewell Cheshire East:**

[**https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&cad=rja&uact=8&ved=2ahUKEwj5lILEgtnoAhWbRxUIHf\_4BcIQFjAAegQICBAC&url=https%3A%2F%2Fwww.cheshireeast.gov.uk%2Flivewell%2Flivewell.aspx&usg=AOvVaw3hBZd4pMLKTdLH2vGg-H8U**](https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&cad=rja&uact=8&ved=2ahUKEwj5lILEgtnoAhWbRxUIHf_4BcIQFjAAegQICBAC&url=https%3A%2F%2Fwww.cheshireeast.gov.uk%2Flivewell%2Flivewell.aspx&usg=AOvVaw3hBZd4pMLKTdLH2vGg-H8U)