



## Well-being support for adults

**Young minds** - a national charity committed to improving the mental health of children and young people. It provides information for both parents and young people.

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

1. Try not to shield your child from the news, which is going to be nearly impossible at the moment. The amount of information on the internet about coronavirus can be overwhelming, so ask your child about what they're seeing or hearing online and think together about reliable sources of information.
2. Talk to your child about what's going on. Find out how they're feeling and what they're thinking about, let them know it is okay to feel scared or unsure, and reassure them that this will pass.
3. Try to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking can help them feel calm.
4. Reassure your child that it is unlikely they will get seriously ill, and if they do you feel ill you will look after them. Your child might be concerned about who will look after you if you catch the virus. Let them know the kind of support you have as an adult so that they don't feel they need to worry about you.
5. Give some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly, and remind them when they should be doing it.
6. Keep as many regular routines as possible, so that your child feels safe and that things are stable.
7. Spend time doing a positive activity with your child (such as reading, playing, painting or cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'. [Have a look at our conversation starters and ideas for activities you can do with your children while isolating at home.](#)
8. Encourage your child to think about the things they can do to make them feel safer and less worried.
9. Be aware that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible.
10. Remember to look after yourself too. If you yourself are feeling worried, or anxious about coronavirus, talk to someone you trust who can listen and support you.

Source:

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/#ten-tips-from-our-parents-helpline>

**Place2be** - has been providing in-school emotional support across the UK since 1994. They have outlined some advice for parents during this stay at home period.

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-advice-for-families-staying-at-home/>

**Samaritans** - provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair.  
Telephone: 116 123

<https://www.samaritans.org/>

**NSPCC** - helpline counsellors are available to talk, whatever your worry.

Telephone: 0808 800 5000

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

**Premier Lifeline** - a National Christian Helpline for people who would like emotional and spiritual support from a Christian perspective, prayer and signposting

0300 111 0101 (Helpline, open 9am to midnight every day)

<http://www.premierlifeline.org.uk/>

**Shout** - the UK's first 24/7 text service for those in crisis. Send a free text if you need immediate help and are struggling to cope.

Text: 85258

<https://www.giveusashout.org/>

**Mental Health** - Mental Health Foundation has been the UK's leading charity for everyone's mental health since 1949.

<https://www.mentalhealth.org.uk/your-mental-health/looking-after-your-mental-health>

**Mind** - provide advice and support to empower anyone experiencing a mental health problem.

Telephone: 0300 123 3393

<https://www.mind.org.uk/coronavirus-we-are-here-for-you/>

**Rethink** - provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff.

<https://www.rethink.org/>