

COVID-19 INFORMATION FOR PARENTS, GUARDIANS AND CARERS

British Psychological Society

Advice on talking to children about illness <https://www.bps.org.uk/news-and-policy/advice-talking-children-about-illness>

Contact Coronavirus information for parents of disabled children
<https://www.contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children/>

The National Autistic Society

Coronavirus resources for autistic people and families
<https://www.autism.org.uk/services/helplines/coronavirus/resources>

The Samaritans

Free 24-hour support helpline Telephone: 116 123 <https://www.samaritans.org/>

Unicef

What you need to know about the virus to protect you and your family
<https://www.unicef.org/coronavirus/covid-19>

COVID-19 INFORMATION FOR CHILDREN

If you want to learn more and keep up to date with news about the coronavirus:

CBBC Newsround

<https://www.bbc.co.uk/newsround>

If you feel worried or anxious, here are some links to places that can help:

Childline

A free helpline that you can call any time to talk about any worries you might have. Telephone: 0800 1111 They also have more advice here: <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus>

Young Minds

A charity which supports young people's mental health. They have more advice on what to do if you are feeling anxious here: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Also, there's a free online book featuring the drawings of Axel Scheffler (of Gruffalo fame):
https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus_INS.pdf