Mental Health

Tips, advice and where to get support for your child's mental health and activity ideas for use during isolation.

https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/

They also have a text support service for young people to speak directly to a trained volunteer 24/7 – Text YM to 85258. If you have concerns about your child's mental health call Young Minds' free Parents Helpline on 0808 802 5544 for confidential, expert advice.

This website helps parents to spot the signs of poor mental health in their child and it also explains what you can do to help.

https://www.actionforchildren.org.uk/support-for-parents/children-s-mental-health/

This website gives simple and practical advice to support your mental health and wellbeing, including advice on looking after children and young people.

https://www.internetmatters.org/resources/

The Covid hub has been set up for supporting people who are struggling. They can provide food parcels for families who need them. The contact number is **01302 430300.**