

## **Mental Health Advice- Supports and strategies for parents and children during the Coronavirus**

### **Expected/ Unexpected**

There are some useful strategies described on the [socialthinking.com](https://socialthinking.com) website including teaching about behaviours using the concepts of 'expected' and 'unexpected'. It may help individuals to cope with stress and anxiety.

### **Breathing Space is funded by the Scottish Government's Mental Health Unit.**

<https://breathingspace.scot/>

### **Social Stories**

From Carol Gray to help children cope and understand different situations.

<https://carolgraysocialstories.com/social-stories/>

### **Social Story to help explain the current situation to children**

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?sfns=mo>

### **How to help your child manage their anxiety**

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

### **Understanding anxiety, resources which may help young people cope and manage these feelings..**

These resources highlight that other people also experience anxiety through stories.

- The Huge bag of worries by Virginia Ironside
- What to do when you worry too much by Dawn Huebner
- The Panicosaurus by K.I Al-Ghani
- When my worries get tot big by Kari Dunn

### **Clips on how to help with panic attacks and advice for young people**

<https://www.youtube.com/watch?v=DxIDKZHW3-E>

### **Panic attacks**

<https://www.youtube.com/watch?v=foxPCzB84XA&list=PL1HN98dJOCA9vkq4Wi4OGJCYtOD-yexOe>

### **General information on Mental Health**

<https://www.mind.org.uk/>

### **Headspace – National youth mental health foundation with advice on Coronavirus**

<https://headspace.org.au/>

**Mental health foundation**

<https://www.mentalhealth.org.uk/scotland>

**Alliance-advice about help with coronavirus**

<https://www.alliance-scotland.org.uk/>

**NHS information**

<https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/>

**Young minds**

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

**BBC News advice on how to protect your mental health during coronavirus**

<https://www.bbc.co.uk/news/health-51873799>