





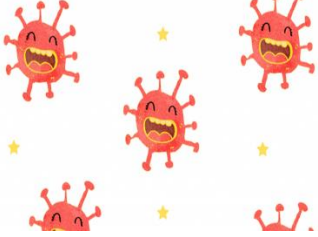

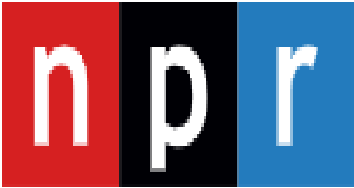


Worried?

This webpage is here for you if you are worried.

Below are some links to sites that can help you, Click the images below or copy from the link column into your search bar.

<u>Company</u>	<u>What is this?</u>	<u>Link</u>
	Kooth. A website which offers free, confidential support and advice.	https://www.kooth.com/
 <p>ONLINE, ON THE PHONE, ANYTIME childline.org.uk 0800 1111</p>	Childline. A website offering free, confidential support and advice to children.	https://www.childline.org.uk
 <p>YOUNGMINDS fighting for young people's mental health</p>	Young Minds. A website that offers free, confidential support and advice about mental health and wellbeing.	https://youngminds.org.uk/find-help/get-urgent-help/#are-you-a-young-person-in-crisis
	The Mix. This site offers a helpline, email, live chat, telephone counselling service and crisis text line for anyone under 25 years old wanting support	https://www.themix.org.uk/
	BBC SEND Parents' Toolkit. A website with videos and clips to help parents to support children's mental health and wellbeing	https://www.bbc.co.uk/bitesize/articles/zh9v382

	<p>NSPCC. A website to help keep children safe.</p>	<p>https://www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/</p>
	<p>Young Minds. A website to support young people's wellbeing and mental health. There is a parent helpline.</p>	<p>https://youngminds.org.uk/contact-us/</p>
	<p>Samaritans. A website, with phone number, for those who need support.</p>	<p>https://www.samaritans.org</p>
<p>Corona Virus sites</p>		
	<p>Covibook. For children aged seven and under to explain and draw the emotions they might be experiencing during the pandemic.</p>	<p>www.mindheart.co/descargas</p>
	<p>Nanogirl. Videos explaining Covid-19 and why it is important to wash our hands/ sneeze and cough into our elbows.</p>	<p>www.nanogirllive.co.nz/coronavirus-soap-experiment</p>
	<p>NPR. A comic strip to help children understand what the coronavirus is and respond to some common questions and worries they may have.</p>	<p>www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1584358951699&t=1584454700885</p>

	<p>Anna Freud. Advice for young people about managing their mental health and wellbeing during the coronavirus situation.</p>	<p>www.youtube.com/watch?v=ME5IZn4-BAk&feature=youtu.be</p>
	<p>Anna Freud. Clear, simple advice to all those who are supporting children and young people - including to young people themselves.</p>	<p>www.annafreud.org/coronavirus</p>
	<p>BBC Newsbeat. Advice to cope with self-isolation.</p>	<p>www.bbc.co.uk/news/newsbeat-51960752</p>
	<p>The British Psychological Society. Range of guides on coping with Coronavirus.</p>	<p>https://www.bps.org.uk/coronavirus-resources/public</p>
	<p>NHS. Mental health helplines.</p>	<p>www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines</p>
	<p>Psychology Today. Toolbox for families during coronavirus.</p>	<p>www.psychologytoday.com/gb/blog/pulling-through/202004/the-pandemic-toolkit-parents-need?eml</p>

	<p>Porchlight Be You Project. Support for 8-25 year olds from the LGBT+ community and parents and carers.</p>	<p>www.thebeyouproject.co.uk</p>
	<p>Shout. Crisis support.</p>	<p>Text 'Kent' to 85258</p>
	<p>Fegans. Free 'parenting in a pandemic' resources.</p>	<p>www.fegans.org.uk/family-hub</p>
	<p>Kent County Council. Coronavirus service updates.</p>	<p>www.kent.gov.uk/social-care-and-health/health/coronavirus/coronavirus-service-updates</p>
	<p>Porchlight. Find help and advice today if you face losing your job or home, or you're struggling to feed your family.</p>	<p>https://www.porchlight.org.uk/information-support/information-on-coronavirus</p>
	<p>Kent County Council. Local SEND support.</p>	<p>www.kent.gov.uk/education-and-children/special-educational-needs</p>



National Autistic Society.
Resources and advice for
ASC.

www.autism.org.uk/services/helplines/

[coronavirus/resources.aspx](http://www.autism.org.uk/services/helplines/coronavirus/resources.aspx)