**Government List of support for Mental Well Being.**

The government has published a list of websites to support Mental Wellbeing during the Coronavirus Outbreak. I have gone through a selected those which are appropriate for primary aged children. To view the full list (including support for Secondary aged pupils) go to:

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>

Please remember you can contact school via email at office@moira.leics.sch.uk if you have any worries or concerns.

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| Anna Freud National Centre for Children and Families.<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>  | Wellbeing advice for all those supporting children and young people. |
| British Psychological Society.<https://www.bps.org.uk/news-and-policy/bps-offers-advice-schools-parents-and-carers-help-children-through-uncertainty>  | Advice on dealing with school closures and talking to children about COVID-19. |
| Children’s Commissioner.<https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>  | A downloadable guide for children about coronavirus. |
| MindEd<https://www.minded.org.uk/>  | An educational resource for all adults on children and young people’s mental health. |
| The Child Bereavement Network.<http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx>  | Advice on supporting grieving children during the coronavirus outbreak. |