



Well-Being Resources

As we go into the lockdown extension, many organisations are producing help and support for the well-being of young people and families. Below are a range of links to resources which might be useful to you and your family. We would recommend that you have reviewed yourself before looking at things with your child as appropriate. We are receiving links on an almost daily basis, so this resource list will be added to.



Healthy Minds Online 'Managing Worries and Anxious Feelings' Workshop

A 40 minute recorded anxiety workshop aimed at Primary and Secondary students. The workshop contains positive, supportive strategies that are good to know on a day to day basis about processing our feelings.

Scroll down the linked page to find the workshop plus a workbook for children and a parent/carer pack.

<https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/helping-you-help-yourself>

Relaxation and Mindfulness

The relaxation and self-soothing tab from the link above includes some short relaxation videos which are about 2 minutes long.

Coronavirus Support

A range of resources for parents / carers to support young people during Covid-19.

<https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/coronavirus-informationresource-hub>

Place2Be - Improving Children's Mental Health

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

Young Minds

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

Contact for support:

Healthy Minds: Here4You line 01522 309120 available Monday to Friday 9:30 -16:30

Kooth online counselling for young people: www.kooth.com

Young Minds Parent Helpline: 0800 8025544