

Resources to help deal with Mental well-being and Anxiety

Children

If you're worried a child may be struggling with their mental health or has anxiety about coronavirus (COVID-19) the NSPCC have put together pages of advice to help you support children who may be experiencing depression, anxiety, suicidal feelings or self-harm.

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

or specifically Covid related

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

MindEd have put together information and support for parents as they talk to their children and teens, support them with their resilience and many other issues around mental health.

<https://mindedforfamilies.org.uk/young-people>

Anxietyuk.org has plenty of resources, this particular post is excellent for how to share Coronavirus information with children.

<https://www.anxietyuk.org.uk/blog/how-to-talk-to-children-about-covid-19/>

Mental Health.org.uk have a good guide to parenting during the Coronavirus outbreak – how to support parents' mental health as well as their children's'.

<https://www.mentalhealth.org.uk/coronavirus/parenting-during-coronavirus-outbreak>

The Church Of England has lots of resources around Mental Health and well being

http://www.going4growth.com/growth_in_skills_and_knowledge/well-being-and-mental-health

[The Resource Vault](#) – an online resource from the Children's Society where children and young people can get the advice they need, when they need it, on various mental or emotional health issues. Resources are sorted in different age groups, making them easy to find and relevant.

<https://www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault>

Young People

Many young people are currently dealing with the tensions of staying at home. There is a great resource from the National Youth Agency: "**Staying Well at Home: Coping with Feelings of Frustration and Anger**". It's a free workbook for young people aged 11-19.

https://youthworksupport.co.uk/wp-content/uploads/2020/04/NYAxVR-Managing_Conflict_Home.pdf

Mind UK have put together information for young people who are worried about coronavirus and want to know how to cope with changes to their lives

<https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing/>

The Church Of England has lots of resources around Mental Health and well being

http://www.going4growth.com/growth_in_skills_and_knowledge/well-being-and-mental-health

[The Resource Vault](#) – an online resource from the Children’s Society where children and young people can get the advice they need, when they need it, on various mental or emotional health issues. Resources are sorted in different age groups, making them easy to find and relevant.

<https://www.childrensociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault>

Church Leaders

One in four people experience a mental health problem at some point in their lifetime. This is as true for those in the church as anyone else. It can be hard to know how best to support those with mental health issues. Three organisations (Liveability, [The Mind and Soul Foundation](#) and [Premier Life](#)) have teamed up to provide this compact, free resource to:

- equip you with knowledge and advice, from medical, psychological and theological perspectives
- help you support those in your community who are struggling with mental health issues
- help you to discuss issues and share ideas surrounding mental health and the church

<http://www.mentalhealthaccesspack.org/>