

Mental Health Foundation



The Mental Health Foundation's coronavirus page is regularly updated with useful resources. They have recently added:

- An article on parenting in a pandemic <https://www.mentalhealth.org.uk/coronavirus/parenting-during-coronavirus-outbreak>
- Some guidance on talking to children about coronavirus: <https://mentalhealth.org.uk/coronavirus/talking-to-children>

If you are supporting young people with existing mental health conditions, the following may also be useful:

- OCD-UK: OCD and Coronavirus Top Tips <https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>
- The Sanctuary, a chat room and safe space for people with an eating disorder to share concerns and advice on how they are coping with the pandemic. <https://www.beateatingdisorders.org.uk/sanctuary>
- Shout is a crisis service for young people that they can access by text <https://www.giveusashout.org/>

