

Supporting children and young people's mental health and wellbeing

Useful links to help you support positive mental health and emotional welfare

 <p>MindEd e-learning to support young healthy minds</p>	
<p>MindEd is a free online educational resource on children and young people's mental health for all adults, which can support parents and carers through these exceptional circumstances.</p>	<p>The Children's Guide to Coronavirus is a useful resource from the Children's Commissioner to answer children's questions about coronavirus, tell children how to stay safe and protect other people and how to help them make the best of their time at home.</p>
	
<p>Having good mental health helps us relax more, achieve more and enjoy our lives more. The Every Mind Matters NHS service has expert advice and practical tips to help you look after your mental health and wellbeing</p>	<p>Young Minds provides advice about mental health and behaviour problems in children and young people up to the age of 25. You can call the Parents' and Carers' Helpline on 0808 802 5544.</p>
	
<p>Mind exist to ensure that people do not face mental health issues alone and can lead their lives free from stigma and discrimination.</p>	<p>The Children's Society has a mental and emotional health resource vault full of advice on issues that may be worrying young people during these difficult times.</p>
	
<p>The Mix provides a free confidential helpline and online service that aims to find young people the best help, whatever the problem. You can call 0808 808 4994 for free – lines are open from 11am to 11pm every day</p>	<p>Whether you're working from home with your kids for the first time or supporting children with anxiety due to coronavirus, the NSPCC have got tips and advice for you.</p>

Source: <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

See also: Public Health England's ['Looking after your feelings and your body'](#)