

COVID-19/Coronavirus Response: Links and Resources

Below we have collated some links to resources which you may find helpful in light of the current COVID-19/Coronavirus crisis. This is in addition to our general mental health resources document – available on <https://www.argyll-bute.gov.uk/our-children-their-mental-health> - which contains information relating to general mental health issues, emotions and mood, relationships and behaviour, suicide and self-harm, bereavement, and attachment and trauma.

These documents are organised as follows:

1. Explanations of COVID-19/Coronavirus for children and young people
2. Advice and guidance for professionals, parents and carers in supporting children and young people on issues related to COVID-19/Coronavirus
3. Self-help advice for children and young people and specific strategies to cope with issues arising from COVID-19/Coronavirus

If you are a parent looking for help explaining COVID-19/Coronavirus to your child there are resources on this list that may help you. It is important to ensure that you read through the resource yourself first to make sure it is suitable and at the level of explanation you want your child to have.

Children and families with additional support needs looking for advice may wish to visit Enquire, or their sister website Reach, for advice and information. Links to these websites are included below.

Explanations of COVID-19/Coronavirus for children and young people

- [COVIBOOK: Child-friendly information booklet on Coronavirus](#)
Content: Simple explanation of Coronavirus
Audience: Younger children (to be looked at with a parent)
- [Childline: Worries about Coronavirus](#)
Content: Explanation of Coronavirus, what to do if you are worried and how to cope if you are staying at home
Audience: Children and Young People
- [A Social Story about Coronavirus by Carol Gray](#)
Content: A social story explaining the COVID-19 Pandemic
Audience: All – particularly those with social communication difficulties such as Autism
Spectrum Conditions
- [What is the Coronavirus? A social story](#)
Content: A social story explaining the coronavirus/COVID-19

Audience: Children with social communication difficulties such as Autism Spectrum conditions

Advice and Guidance for professionals, parents and carers in supporting children and young people on issues related to COVID-19/Coronavirus

- [Children and Young People's Commissioner Scotland - Coronavirus](#)
Content: Advice on children's rights during COVID-19 crisis
Audience: All
- [Enquire - Additional Support Needs and Coronavirus](#)
Content: Advice and support for children with additional support needs during pandemic
Audience: Parents and caregivers
- [Mentally Healthy Schools: Responding to the Coronavirus - resources for mental health and wellbeing](#)
Content: Links to other resources to support mental wellbeing and self-help strategies in response to the COVID-19 crisis
Audience: All
- [Advice on managing anxiety about COVID-19](#)
Content: NHS advice on managing anxiety about COVID-19
Audience: Parents and caregivers
- [Parents and Carers Guide to positive mental health and wellbeing](#)
Content: NHS guidance document on supporting children during the pandemic
Audience: Parents and caregivers
- [Mental Health Tips for Quarantine](#)
Content: Advice on keeping positive and mentally well during isolation
Audience: Parents/caregivers; Education; Schools; Other professionals
- [Helping Children Grieve in Exceptional Times](#)
Content: Advice from the Irish Childhood Bereavement Network on supporting children and young people who are bereaved during COVID-19 restrictions
Audience: All
- [NHS Education for Scotland: Psychological First Aid - Coronavirus](#)
Content: Self-guided learning on psychological first aid
Audience: Workers providing public or patient care during COVID-19 crisis
- [Living with worry and anxiety amidst global uncertainty](#)
Content: Psycho-education and self-help on managing anxiety and worry during the COVID-19 crisis
Audience: Adults
- [Be a Home Hero](#)
Content: Information and activities to help children understand being isolated at home
Audience: Younger children and their parents/caregivers

Self-help advice for children and young people and specific strategies to cope with issues arising from COVID-19/Coronavirus

- [Young Minds: What to do if you're anxious about Coronavirus](#)
Content: Self-help for anxiety about COVID-19
Audience: Young People
- [Young Scot: Tips and guidance on Coronavirus](#)
Content: Advice and information on numerous topics relating to COVID-19, including managing worries
Audience: Young People
- [Reach resource for young people](#)
Content: Tips for wellbeing and learning during COVID-19
Audience: Young people
- [Be a Home Hero](#)
Content: Information and activities to help children understand being isolated at home
Audience: Younger children and their parents/caregivers
- [Children and Young People's Commissioner Scotland - Coronavirus](#)
Content: Advice on children's rights during COVID-19 crisis
Audience: All