



# COVID-19

## Mental Health Information & Resources for Children, Young People, Parents and Carers.

Outbreaks of infectious diseases like the Coronavirus (COVID-19) can be worrying and affect our mental health. Please find links to fact based information, practical suggestions and things you can do to promote better psychological health.

Click on a bullet point to the right to take you to a topic. Any items in **red** provide an embedded link to a resource e.g. website or pdf.

Resources have been taken from a number of sources including the World Health Organisation, UNICEF, GOV.UK, Young Minds, MIND, The Royal College of Psychiatrists, The British Psychological Society, Cardiff and Vale Health Psychology and International Child Trauma Expert Psychiatrist Dr Bruce Perry.

Please click on the bullet points below:

### Information



- Talking to children about COVID-19
- Managing Stress
- Taking a trauma informed approach during COVID-19
- Managing Anxiety
- Routines and keeping socially connected
- OCD and COVID-19
- Helplines

### Resources/Strategies



- Grounding strategies
- Taking care of yourself
- Supporting your child/teenager's emotional needs
- Establishing routines or making new ones for children and young people
- Anxiety management strategies
- What Parents and Carers can do to look after their own mental health

#### Disclaimer

This resource contains links to and information from external websites. These details are provided for information only and are not intended to provide diagnosis, treatment or medical advice. If you are concerned about your mental health see under 'Need Urgent Help' on the ABUHB CAMHS Intranet page.



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board



## Information

# Talking to children about COVID-19

The British Psychological Society have produced 2 helpful documents:-

**Talking to children about Coronavirus**

**ADVICE**

**Talking to children about illness**

**ADVICE**

• [Click here to see document](#)

• [Click here to see document](#)

## UNICEF have produced advice for Parents/Carers and Teachers:-

For Parents and Primary Carers

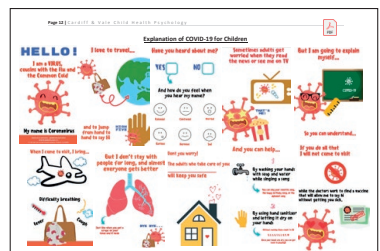
[www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19](http://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19)

For Teachers

[www.unicef.org/coronavirus/how-teachers-can-talk-children-about-coronavirus-disease-covid-19](http://www.unicef.org/coronavirus/how-teachers-can-talk-children-about-coronavirus-disease-covid-19)

## An explanation of COVID 19 for children by Cardiff and Vale Child Health Psychology

[www.mouthshire.gov.uk/app/uploads/2020/03/Psychological-support-for-children-coping-with-COVID19.pdf](http://www.mouthshire.gov.uk/app/uploads/2020/03/Psychological-support-for-children-coping-with-COVID19.pdf)




Page 12 of pdf




## Information

# Managing Stress


## Helping Children Cope with Stress during the COVID-19 Outbreak (WHO)


 **World Health Organization**


### Helping children cope with stress during the 2019-nCoV outbreak


 Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.  
Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.  
Remember to listen to your children, speak kindly and reassure them.  
If possible, make opportunities for the child to play and relax.

 Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

 Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.

 Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.  
This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).





## Information

# Taking a Trauma informed approach during COVID-19

See advice from American Child Psychiatrist and International Trauma Expert Dr Bruce Perry - A pandemic toolkit (8 top tips) for children and young people

[www.psychologytoday.com/us/blog/pulling-through/202004/the-pandemic-toolkit-parents-need](http://www.psychologytoday.com/us/blog/pulling-through/202004/the-pandemic-toolkit-parents-need)

## Managing Anxiety

See anxiety management and grounding strategies pdf by Cardiff and Vale Child Health Psychology

[www.monmouthshire.gov.uk/app/uploads/2020/03/Psychological-support-for-children-coping-with-COVID19.pdf](http://www.monmouthshire.gov.uk/app/uploads/2020/03/Psychological-support-for-children-coping-with-COVID19.pdf)

Page 6 | Cardiff & Vale Child Health Psychology

**Techniques to Cope with Anxiety and Intense Emotions:**

**SIX WAYS TO PRACTICE GROUNDING**  
*(with anxiety + intense emotions)*

- body**  
Pay attention to the ground beneath your feet. How does your body feel? How does your breathing feel?
- senses**  
Name your favourite food. Name your favourite colour. Name your favourite animal. Name your favourite song.
- self-soothe**  
Name an object of faith. Think of something that makes you feel safe.
- observe**  
Name 5 objects in the room. Name 4 things you can hear. Name 3 things you can smell. Name 2 things you can taste. Name 1 thing you can feel.
- breath**  
Breathe in 4. Hold for 7. Exhale slowly for 8. Repeat 3 times.
- distraction**  
Put on your favourite music. Watch your favourite TV show. Read a book. Call a friend.

**MANAGING CORONA VIRUS (COVID-19) ANXIETY**

**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

**For Kids/Young People**

- Measure that they're safe
- Let them talk about their worries
- Show your own coping skills
- Limit their news exposure
- Create a routine
- Exercise

**For Quarantine/Isolation**

- Keep in contact with your loved ones via social media/text, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new/relaxation techniques

Deep breathing using your hand.

Star Breathing

Page 7 | Cardiff & Vale Child Health Psychology

**Coping Strategies for Managing the Impact of COVID-19 on Mental Health:**

**HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH**

- Listen
- Validate
- Reassure
- Encourage
- Model
- Limit screen time
- Establish routines
- Encourage physical activity
- Limit news exposure
- Encourage social support
- Limit travel
- Encourage self-care
- Limit social media
- Encourage outdoor activities
- Limit alcohol and drugs
- Encourage positive thinking
- Limit caffeine
- Encourage gratitude
- Limit stressors
- Encourage humor
- Limit negative thoughts
- Encourage mindfulness
- Limit overstimulation
- Encourage deep breathing
- Limit excessive worry
- Encourage positive affirmations
- Limit negative self-talk
- Encourage self-compassion
- Limit perfectionism
- Encourage acceptance
- Limit comparison
- Encourage gratitude journaling
- Limit overthinking
- Encourage visualization
- Limit procrastination
- Encourage action
- Limit self-doubt
- Encourage self-empowerment
- Limit negative emotions
- Encourage positive emotions
- Limit negative beliefs
- Encourage positive beliefs
- Limit negative behaviors
- Encourage positive behaviors
- Limit negative attitudes
- Encourage positive attitudes
- Limit negative feelings
- Encourage positive feelings
- Limit negative thoughts
- Encourage positive thoughts
- Limit negative actions
- Encourage positive actions
- Limit negative reactions
- Encourage positive reactions
- Limit negative responses
- Encourage positive responses
- Limit negative feelings
- Encourage positive feelings
- Limit negative thoughts
- Encourage positive thoughts
- Limit negative actions
- Encourage positive actions
- Limit negative reactions
- Encourage positive reactions
- Limit negative responses
- Encourage positive responses

**HOW TO FEEL YOUR FEELINGS:**  
*A THING THAT SOUNDS OBVIOUS BUT TOTALLY NEW.*

1. AN UNPLEASANT FEELING ARISES
2. YOUR MIND LAMENDES INTO WHATEVER INNER SENSORY ACCOMPANIES THAT FEELING  
*(It's UNPLEASANT, IT'S A SENSE - I FEEL AS FEAR - I JUST FOR EXAMPLE)*
3. REDIRECT YOUR MIND AWAY FROM THESE THOUGHTS & INTO THE SENSATIONS IN YOUR BODY  
*(MENTALLY NAME THEM (my chest is tight etc.)*
4. BREATHE INTO THE FEELING/SENSATION & ALLOW IT. (BY, SHAKE, etc. (I guess not like us...))
5. YOUR MIND WILL REALLY WANT TO GO BACK INTO THOUGHT-STORY-MODE. WHEN THIS HAPPENS, REDIRECT YOUR AWARENESS BACK INTO YOUR BODY.
6. TAKE DEEP BREATHS. KEEP FEELING INTO YOUR BODY. LET THE FEELING EXIT AND TRUST THAT IT WILL LEAVE. OBSERVE IT CHANGING. WATCH IT PASS. NOTICE THAT YOU HAVE SURVIVED.

Pages 6 and 7 of pdf



## Information

# Routines and keeping socially connected

See surviving isolation by Cardiff and Vale Child Health Psychology

[www.monmouthshire.gov.uk/app/uploads/2020/03/Psychological-support-for-children-coping-with-COVID19.pdf](http://www.monmouthshire.gov.uk/app/uploads/2020/03/Psychological-support-for-children-coping-with-COVID19.pdf)

Page 8 | Cardiff & Vale Child Health Psychology

## Surviving isolation

Isolation during COVID-19 can be a stressful time for families. We have produced this guide to help maintain psychological health. Please refer to NHS and Public Health advice for physical health advice

Produced by Paediatric Psychology Department, Nosh's Ark Children's Hospital for Wales, March 2020

<p><b>Prepare:</b></p> <ul style="list-style-type: none"> <li>- Let children know what is happening, encouraging them to think of it as an opportunity to have family time and learn new things</li> <li>- Avoid fake news and social media – only looking to NHS and Public Health guidelines for advice</li> <li>- Model and encourage resilience by thinking what you can do, rather than what you can't</li> <li>- Take time to think about what you will find difficult to cope with, talk to someone you trust and make a plan for support</li> <li>- Plan as a family and make a daily timetable of activities</li> <li>- Get contact numbers for family/friends so you and your children can still talk/whatsapp</li> <li>- Get what you need for family projects in advance: gardening, arts and crafts, projects, DIY, cooking</li> </ul>	<p><b>Daily routines:</b></p> <ul style="list-style-type: none"> <li>- Stick to daily routines, a time to get up and bedtimes are really important</li> <li>- Get washed and dressed as normal</li> <li>- Stick to a daily activity timetable</li> <li>- Eat regularly and at set meal times</li> <li>- Get exercise and air – open windows, go into the garden, do exercise videos</li> <li>- Open curtains and windows to get natural light</li> <li>- Limit screen time</li> <li>- Try things from the activity list here, mix up the activities by having busy and active times, followed by quieter sitting activities similar to how the school day is structured</li> </ul>	<p><b>Activity list:</b></p> <ul style="list-style-type: none"> <li>- Make a den</li> <li>- Create new things out of old</li> <li>- Do school work</li> <li>- Do some gardening; plant vegetables/flowers to grow in spring</li> <li>- Spring clean</li> <li>- Hold a fashion show</li> <li>- Bake cakes/try a new recipe</li> <li>- Learn something new: a dance, a skill, a song, a language</li> <li>- Read a book</li> <li>- Talk to a friend/family member</li> <li>- Doodle and draw</li> <li>- Put on music and dance</li> <li>- Watch 'Go Noodle', 'Zen Den', 'Joe Wicks workouts' on YouTube</li> <li>- Look at old photos, make an album</li> <li>- Listen to audio books/podcasts</li> </ul>	<p><b>Activity list:</b></p> <ul style="list-style-type: none"> <li>- Reminisce about nice family memories</li> <li>- DIY – do painting, repairs</li> <li>- Write letters to family/friends</li> <li>- Paint family portraits</li> <li>- Look after pets</li> <li>- Plan and research future adventures</li> <li>- Have a 'children in charge day' where they are the parents and teach you new things</li> <li>- Try new hair styles</li> <li>- Learn a relaxation technique</li> <li>- Learn and practice mindfulness techniques</li> <li>- Play board games</li> <li>- Learn a new card game</li> <li>- Play musical instruments – make your own!</li> <li>- Write a story/play you can act out</li> <li>- Plan and have film nights</li> </ul>
---	--	---	--

Page 8 of pdf

## OCD and COVID-19

Tips for coping with OCD during the coronavirus pandemic

[youngminds.org.uk/blog/tips-for-coping-with-ocd-during-the-coronavirus-pandemic/](http://youngminds.org.uk/blog/tips-for-coping-with-ocd-during-the-coronavirus-pandemic/)

See OCD and Coronavirus (COVID 19) - Resources at:

[www.ocduk.org](http://www.ocduk.org)



## Information



## Helplines

The following can be accessed on [youngminds.org.uk](https://www.youngminds.org.uk)

### The Mix

- You can find information for young people about coronavirus and ideas for things to do while staying home on their website.
- The Mix's emotional support services are open as normal - and if you're under 25 you can talk to them about anything that's troubling you over the phone, email or webchat. You can also use their phone or online counselling service.
- Helpline open daily 4-11pm: 0808 808 4994
- Email service
- Webchat open daily 4-11pm
- Counselling service

---

### childline

- If you're under 19 you can confidentially call, email or chat online about any problem big or small
- Freephone 24h helpline: 0800 1111

---

### YoungMinds Crisis Messenger

- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis
- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.



## Resources/Strategies

# Grounding strategies

See anxiety management and grounding strategies pdf by Cardiff and Vale Child Health Psychology

[www.monmouthshire.gov.uk/app/uploads/2020/03/Psychological-support-for-children-coping-with-COVID19.pdf](http://www.monmouthshire.gov.uk/app/uploads/2020/03/Psychological-support-for-children-coping-with-COVID19.pdf)



Pages 6 and 7 of pdf

# Taking care of yourself

See a guide to self care at

[www.themix.org.uk](http://www.themix.org.uk)

See How to stay active while at home at

[www.mind.org.uk/coronavirus-we-are-here-for-you/](http://www.mind.org.uk/coronavirus-we-are-here-for-you/)

# Supporting your child/teenager's emotional needs

[www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing](http://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing)

[youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/](http://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/)

[www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing](http://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing)







## Resources/Strategies

### Anxiety management

See 'what I can control/what I cannot control' Fox slide by The CounselingTeacher.com

[thecounselingteacher.com/2020/04/how-to-relieve-anxiety-during-times-of-uncertainty.html](http://thecounselingteacher.com/2020/04/how-to-relieve-anxiety-during-times-of-uncertainty.html)



See [youngminds.org.uk](http://youngminds.org.uk)

[youngminds.org.uk/find-help/conditions/anxiety/#what-to-do-about-anxiety](http://youngminds.org.uk/find-help/conditions/anxiety/#what-to-do-about-anxiety)

### What parents and carers can do to look after their own mental health

For information resources about Coronavirus and your mental health

[www.mind.org.uk/information-support/coronavirus/](http://www.mind.org.uk/information-support/coronavirus/)



CAMHS  
Ty Bryn Unit, St. Cadoc's Hospital,  
Lodge Road, Caerleon, NP18 3XQ

#### Disclaimer

This resource contains links to and information from external websites. These details are provided for information only and are not intended to provide diagnosis, treatment or medical advice. If you are concerned about your mental health see under 'Need Urgent Help' on the ABUHB CAMHS Intranet page.