

# Coronavirus- Managing your child's fears and anxiety

The Coronavirus outbreak will be impacting everyone's lives on a daily basis. For some children and young people, this maybe a stressful and difficult time; this may lead them to have negative or worrying thoughts. There are lots of things you can do to support your family and children.

- Listen and acknowledge; allow children to express and communicate their feelings. Children may want to write down, draw or journal their worries.
- Provide clear and honest information about the situation; children and young people may need reassurance about how parents and carers can keep them safe.
- Create a new routine; a plan for the week that may include learning, playing, relaxing. Spend time doing a positive activity.
- Taking part in a physical activity or exercise; ideally 60 mins a day. One form of exercise outdoors is allowed (either alone or with household member)
- Limit exposure to the media; children may become more distressed seeing a repetition of media related to the outbreak.
- Ensuring a good sleep routine, healthy eating and diet.
- Encourage your child to talk what things you may be able to do to make your child feel less worried and safer.



Headspace:  
A meditation app that acts as a personal guide to health and happiness



Mindshift:  
A free app designed to help teens and young adults cope with anxiety



Combined minds:  
An app developed to help families and friends support young people with their mental health.



Superbetter:  
Designed to help build resilience; the ability to stay strong, motivated and optimistic in difficult situations.

Some useful apps for managing worries and anxiety.

More available on:  
<https://www.camhs-resources.co.uk/apps-1>

# Worry buster!

I'm worried about...



The worry buster above can be filled in and printed off; your child can write down/draw their worries about coronavirus

This can be shown to a trusted adult, so they can talk about their worries.

*([childrenscommissioner.gov.uk](http://childrenscommissioner.gov.uk))*

## Helplines and websites for your child and or young person

Shout (providing free and confidential support, 24/7 via text for anyone at crisis)

You can:

- text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer
- text with someone who is trained and will provide active listening and collaborative problem-solving

ChildLine (providing a confidential telephone counselling service for children)

You can:

- call 0800 1111 any time for free
- have an online chat with a counsellor
- check out the message boards

The Mix (providing a free confidential telephone helpline and online service; aims to find young people the best help)

You can:

- call 0808 808 4994 for free – lines are open from 11am to 11pm every day
- access the online community
- email The Mix

### For support as a parent or carer

Young Minds for Parents and Carers provides advice about mental health and behavior problems in children and young people up to the age of 25. You can call the parents' and carers' helpline on 0808 802 5544. Please be aware Young Minds do not provide any direct psychological services and cannot make referrals to the NHS or Children and Young People's Mental Health Services (CYPMHS).

([www.gov.uk](http://www.gov.uk))

### Helpful Websites and references

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

<https://www.childrenscommissioner.gov.uk/coronavirus/>

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

**Parents- remember to look after yourself as well; speak to a trusted person who is able to listen and provide support.**