

# COVID-19 Mental Health and Wellbeing Resource Catalogue

Version 1.0 updated 24/04/2020



## Introduction

### What is this catalogue?

This catalogue contains a range of online resources designed to help children and young people and their families to manage their mental health and wellbeing. Resources relate to topics which children and young people may be finding particularly challenging at the moment, such as what coronavirus is and why they have had to change their daily routines. We have also included resources designed to help young people, families and staff to cope with feelings of worry and anxiety at this time. There are a range of formats, including videos, podcasts, booklets, and websites, to suit different needs and learning styles.

Resources have been categorised by developmental age in the first instance. There are also sections for resources targeted at parents and specific diagnostic categories, such as ASC. Resources within these sections have been categorised to indicate what topic they relate to (e.g. explaining COVID).

This catalogue also contains updated information about what other service providers are currently offering in Lanarkshire to children, young people and their families. This section is split by geographic location: Lanarkshire-wide, North Lanarkshire, and South Lanarkshire.

### How to use this resource

Press "Ctrl" and click on the section you're interested in in the contents page below and you will be automatically taken to the correct page.

Each catalogue entry includes: the resource title, a brief description, resource format (leaflet, website etc.), who it was produced by, keywords, and a web link which can be shared with families.

Each service provider entry includes: Service name, a brief description of what services are being offered, relevant contact details and opening times.

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## Pre-school 0-5 years

We have put together some helpful resources for explaining the coronavirus and how to stay calm to little boys and girls. The coronavirus may be a tricky thing for younger children to understand but it is important for clinicians and families to talk to them about it and try to help them feel safe, nurtured, and relaxed.

Resources include child-friendly explanations of what the virus is and helpful illustrated stories. There is also a link to a fun website where children can be helped to create a playlist and learn about safe hand washing to their favourite songs!

## Explaining COVID

*Children's Guide to Coronavirus*

Helpful guide about the virus.

Aimed at children to: answer questions about coronavirus, tell children how to stay safe and give helpful tips on how to make the best of time at home (e.g. starting a film club!).

Produced by Children's Commissioner England

Keywords: Children guide, Understanding coronavirus, Staying safe, Helpful tips, Worry buster

<https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

*COVIBOOK: Hello My Name is Coronavirus*

Storybook and activity sheet.

Explains what COVID-19 is and the basics of what children can do to protect themselves.

Produced by Manuela Molina

Keywords: Understanding coronavirus

[https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685\\_0a595408de2e4bfcfbf1539dcf6ba4b89.pdf](https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_0a595408de2e4bfcfbf1539dcf6ba4b89.pdf)

*Dave the Dog is Worried about Coronavirus*

Downloadable book.

A colourful visual book about a dog called Dave who is worried about coronavirus and receives advice from Nurse Dotty.

Produced by NHS GGC

Keywords: Worry, reassurance, child-friendly, coping, change

<https://www.nhsggc.org.uk/media/259546/dave-the-dog-coronavirus-1-1.pdf>

## Activities

*Sesame Street- Caring for others*

Website.

This site provides content and resources you can use with your family to offer comfort and spark playful learning activities during the COVID-19 outbreak.

Produced by Sesame Street

Keywords: Activities

<https://www.sesamestreet.org/caring>

*Washing Your Lyrics*

Website.

This site allows you to make hand washing during COVID-19 more fun and exciting with your favourite songs!

Produced by William Gibson

Keywords: Hand washing, Songs, Fun

[https://washyourlyrics.com/?fbclid=IwAR0zYTMl5GlxJUuWRF8iEEDIR9PUSlhyoGdfJyK2U5q9eNqurto5L\\_H88-A](https://washyourlyrics.com/?fbclid=IwAR0zYTMl5GlxJUuWRF8iEEDIR9PUSlhyoGdfJyK2U5q9eNqurto5L_H88-A)

## Primary School 5-11 years

Young children may be finding this time particularly tricky because lots of things have changed. They are not able to go to school; play with their friends; or do some of their favourite activities like going to the cinema.

With this in mind, we have put together some helpful resources to help explain the coronavirus and support young children's emotional, physical, and mental wellbeing during this time.

### Explaining COVID

*Children's pack Animation-Wash Your Hands*

YouTube Video.

A video explaining why, when and how hands should be washed in a child friendly manner.

Produced by Rebwar Baban

Key words: Hand washing

[https://www.youtube.com/watch?time\\_continue=154&v=07YNCFIS0il&feature=emb\\_title](https://www.youtube.com/watch?time_continue=154&v=07YNCFIS0il&feature=emb_title)

*Coronavirus- A book for children*

Online book.

A book illustrated by Gruffalo illustrator Axel Scheffler answering questions such as: What is the coronavirus?; How do you catch the coronavirus?; and What happens if you catch the coronavirus?

Produced by Nosy Crow

Keywords: Understanding coronavirus.

[https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus\\_ABookForChildren.pdf](https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf)

*Coronavirus for Kids, and the science of soap*

Podcast.

A podcast episode that answers kids questions about COVID-19.

Produced by "But why: A Podcast for Curious Kids"

Keywords: podcast, kid's questions

<https://podcasts.apple.com/us/podcast/coronavirus-for-kids-and-the-science-of-soap/id1103320303?i=1000468353110>

*COVIBOOK*

Activity sheet.

This activity sheet explains what COVID-19 is and the basics of what children can do to protect themselves.

Produced by Manuela Molina

Keywords: Understanding coronavirus

[https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685\\_0a595408de2e4bfcbf1539dcf6ba4b89.pdf](https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_0a595408de2e4bfcbf1539dcf6ba4b89.pdf)

*FACE COVID*

YouTube video.

This video discusses how to deal with the COVID-19 pandemic using ACT principals.

Produced by Russ Harris

Keywords: Coping strategies

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

*Just For Kids: A Comic Exploring the New Coronavirus*

Online comic.

A comic strip to help children understand what the coronavirus is and respond to some common questions and worries they may have.

Produced by NPR

Key words: Explaining COVID

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1584358951699&t=1584454700885&t=1586960184565>

*The Story of the Oyster and the Butterfly. The Coronavirus and Me*

Online storybook and with thoughts and feelings worksheets.

A short-illustrated story book about expressing thoughts and feelings about coronavirus, asking for help from others and relaxation tips.

Produced by Ana Gomez

Keywords: Coping strategies

<https://www.nhs.uk/wp-content/uploads/2020/03/ANA-FINAL.pdf>

*What is Coronavirus?*

Vimeo video.

2-minutes video voices by children covering what the coronavirus is, why schools are closing, how children can help and feeling worried.

Produced by Belfast Health and Social Care Trust

Keywords: Understanding coronavirus, anxiety, lockdown, hand washing

<https://vimeo.com/399311004>

*Where did everyone go? A child Friendly Story*

Digital illustrated storybook.



A storybook explaining why we are self-isolating, hand washing and ways to cope with boredom at home.

Produced by Beacon House

Keywords: Self-isolation, Lockdown, hand washing

<https://www.nhs.uk/wp-content/uploads/2020/03/Beacon-House-Where-did-everyone-go.pdf>

## Activities

*Drawing with Steve Harper*

Facebook.

Daily live drawing classes for all the family at 2pm.

Produced by Harptoons Publishing.

Keywords: Art, drawing

<https://www.facebook.com/watch/?v=1404978916378140>

*Elevenes with The World of David Walliams*

Website.

Every day at 11am, you can listen one of David Walliams' World's Worst Children stories, so sit down, take a break, and enjoy 20ish minutes of pure fun!

Produced by HarperCollins

Keywords: Activities, story time.

<https://www.worldofdavidwalliams.com/elevenses/>

*Get Kids Cooking*

Website.

Recipes and advice for getting kids cooking.

Produced by Jamie Oliver

Keywords: Activities, Healthy Eating

<https://www.jamieoliver.com/features/category/get-kids-cooking/>

*Glasgow Science Centre at Home*

YouTube videos.

Daily Science based episodes aired live at 10am.

Produced by Glasgow Science Centre

Keywords: Educational, Science

<https://www.youtube.com/user/scienceshowbob/videos>

*Justin Davies Monster Mayhem*

YouTube videos.

New chapter of "I smell a Monster" narrator uploaded at 3.30pm every day.

Produced by Justin Davies

Keywords: Story time

<https://www.youtube.com/channel/UCxDXHoPvoeiPe57tgD26jHw>

*Mylene's Music Klass*

YouTube videos.

Twice Weekly Music class with Mylene Klass. Airing at 10am.

Produced by Mylene Klass

Keywords: Educational, Music

<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

*Radioblogging*

Online radio show.

Daily interactive literacy-based radio show. Airing live 9.30am.

Produced by Radioblogging,

Keywords: Literacy

<https://radioblogging.net>

*Science with Maddie Moate*

YouTube videos.

Daily engaging science shows aired live at 11am.

Produced by Maddie Moate

Keywords: Education, Science

<https://www.youtube.com/user/maddiemoate>

*Storytime for Hometime*

YouTube videos.

Daily Storytime with illustrator James Mayhew at 3pm.

Produced by James Mayhew

Keywords: Activities, Story time

[https://www.youtube.com/channel/UCqg\\_Iz\\_q3pFTkkju-PpVOFA](https://www.youtube.com/channel/UCqg_Iz_q3pFTkkju-PpVOFA)

*The Great Indoors*

Website.

Inspired indoor activity ideas to keep kids learning new skills and having fun.

Produced by: The Scouts

Keywords: Activities

<https://www.scouts.org.uk/the-great-indoors>

### *The Maths Factor*

Website.

Maths with Carol Vorderman. Sign up for free.

Produced by Pearson

Keywords: Education, Maths

<https://www.themathsfactor.com>

### *Wildlife with Steve Backshall*

YouTube videos.

Steve Backshall's Live Wildlife Home-school, every Wednesday, 09.30 UK time.

Produced by Steve Backshall

Keywords: Education

<https://www.youtube.com/channel/UCm-URP49TgSgyIU1rgh2m7A/featured>

## **Coping with Coronavirus Anxiety**

### *Belly Breathing*

YouTube video.

A short animated video demonstrating belly breathing to help regulate emotions and manage anxiety.

Produced by Stirling Council

Keywords: Relaxation techniques.

<https://www.youtube.com/watch?v=mb0g-z9g8eQ>

### *Be the Pond*

YouTube video.

While not directly related to COVID-19, this video will help kids practice mindfulness. If a child is feeling anxious this video may be good to play this video to help them feel calmer.

Produced by Cosmic Kids Yoga

Keywords: mindfulness, video

[https://www.youtube.com/watch?v=wf5K3pP2IUQ&amp;=fbclid=IwAR37C1bHh5Sq3X7rMZ0gbmyBt5fU00nkKPF4HVRbmM68bDOSEeno\\_DCnSfc](https://www.youtube.com/watch?v=wf5K3pP2IUQ&amp;=fbclid=IwAR37C1bHh5Sq3X7rMZ0gbmyBt5fU00nkKPF4HVRbmM68bDOSEeno_DCnSfc)

### *How to Avoid Becoming a Lizard - Emotional Regulation and Worry Reduction Technique*

YouTube Video.

A short animated video of psychoeducation on anxiety and worry and a muscle relaxation technique to help children manage their worry.

Produced by Stirling Council

Keywords: Psychoeducation, Anx, intervention

[https://www.youtube.com/watch?v=dWeB\\_xzIUpc](https://www.youtube.com/watch?v=dWeB_xzIUpc)

*It's OK to worry about Coronavirus – primary age*  
Workbook.

A resource pack for children under 12 years old to inform them about coronavirus and help manage difficult feelings and worries through talking and CBT techniques.

Produced by NHS Grampian

Keywords: Anx, worksheets, general information, psychoeducation

*What is anxiety?*

Website.

Understanding Anxiety illustration.

Produced by: The Priory Group

Keywords: Anxiety

<https://www.priorygroup.com/media/594863/understanding-childhood-anxiety-v1.jpg>

*What we can control*

PDF.

This is a diagram that shows what a child can and can't control during the COVID-19 pandemic. This could be used as a model for an activity with a child where the parent or therapist lists the things the child can't control and the child focuses on what they can control. The therapist or parent can draw their own diagram.

Produced by: Children's Screen Time Action Network

Keywords: control, diagram

<https://screentimenetwork.org/sites/default/files/resources/IcanControl.pdf>

## **Emotional Wellbeing**

*My lockdown diary*

PDF.

A free creative workbook to download and print. Keep a record of what went on with 4 weeks of activities and daily prompts, then staple together when finished and save as a memento to your future self!

Produced by Stephen McCarthy.

Keywords: wellbeing

[https://static1.squarespace.com/static/5e8168e313d5e96dcd22458a/t/5e8c1b98439fe12ae12299fd/1586240473279/mylockdowndiary\\_a4\\_2020.pdf](https://static1.squarespace.com/static/5e8168e313d5e96dcd22458a/t/5e8c1b98439fe12ae12299fd/1586240473279/mylockdowndiary_a4_2020.pdf)

*Self-care Kit*

PDF.

This is a very helpful guide to self-care at home during COVID-19

Produced by Sheffield's Children's NHS Foundation Trust

Keywords: Wellbeing

<https://services.nhslothian.scot/camhs/Resources/Documents/NHS%20Sheffield%20Self%20Care%20Kit%20for%20Young%20People.pdf>

## **Physical Activity**

*DDMIX- Dance with Darcy Bussell*

Facebook.

Join a member of the DDMIX team for a 10 minute daily shake up LIVE Facebook just after lunch at 1.30pm.

Produced by DDMIX

Keywords: Physical Activity, Dance

[https://www.facebook.com/pg/diversedancemix/events/?ref=page\\_internal](https://www.facebook.com/pg/diversedancemix/events/?ref=page_internal)

*Dance with Oti Mabuse*

Facebook.

Daily Dance classes with Strictly Come Dancing's Oti Mabuse at 11.30am.

Produced by Oti Mabuse

Keywords: Physical Activity, Dance

<https://www.facebook.com/OtiMabuse/>

*Jumpstart Jonny*

Videos.

A fantastic role model for children, Jump Start Jonny is an insanely energetic fitness superstar on a global mission to get kids fit! His super fun fitness programme for primary schools aims to get kids moving' for 5-10 minutes a day! Starts at 9am

Produced by Jumpstart Jonny

Keywords: Physical Activity

<https://www.youtube.com/channel/UC8PDFwCV0HHcl08-1SzdiBw/featured>

<https://www.jumpstartjonny.co.uk/home>

*P.E. with Joe*

YouTube videos.

Daily 30 Minute at home PE class with Body Coach Joe Wicks. 9am every morning.

Produced by Joe Wicks

Keywords: Physical Activity

<https://www.youtube.com/user/thebodycoach1>

## Young adolescents 12-15

Young adolescents may be able to better understand the coronavirus and what this means for them. It is important to remember that for young people lots of things have changed and some may find this challenging. Not being able to hang out with friends or go to school - or perhaps being worried about themselves or their loved ones getting sick - may be making them feel lots of difficult emotions.

We have put together these resources to help give young people reliable information about the virus and to support their emotional wellbeing. Resources include some apps and podcasts for our tech-loving teens!

### Explaining COVID

*Advice for young people*

Video.

The Anna Freud centre gives young people advice related to the COVID-19 pandemic.

Produced by Anna Freud Centre

Keywords: video, young people

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/?fbclid=IwAR0bhQplivbjGzt5rXfaGIBqrl3Sb30eMcv2tw4sUPH00bH1CjvLtSLZVgE>

*Childline Coronavirus Information hub*

Website.

Website with information about what the coronavirus is, 10 tips for coping during lockdown, what to do if you're sick, coping with schools closing and help with dealing with worries.

Produced by Childline

Keywords: Understanding coronavirus, coping strategies.

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

*Coping skills for Dealing with Coronavirus (COVID-19)-From a Child Therapist*

Website.

Outlining importance of labelling feelings, planning each day and acknowledging what we can and cannot control.

Produced by Coping Skills for Kids

Keywords: Anxiety, control, planning, support, coping

<https://copingskillsforkids.com/coping-with-coronavirus>

*FACE COVID*

YouTube video.

Description: Discuss how to deal with the COVID-19 pandemic using ACT principals.

Produced by Russ Harris

Keywords: Coping strategies.

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

*It's OK to worry about Coronavirus – teenagers*

Workbook.

A resource pack for teenagers to inform them about coronavirus and help manage difficult feelings and worries through talking and CBT techniques.

Produced by NHS Grampian

Keywords: Anx, worksheets, general information, psychoeducation

<https://www.nhs.uk/wp-content/uploads/2020/04/COVID-19-Resource-pack-overs-its-ok-to-worry-about-coronavirus.pdf>

## **Emotional Wellbeing**

*Calm Zone*

Website.

A toolbox of activities such as breathing exercises, coping videos, yoga videos and games that can help children feel calm in a period of disruption.

Produced by Childline

Keywords: Anxiety, Stress, wellbeing

<https://www.childline.org.uk/toolbox/calm-zone/>

*Keep CAMHS and Carry On*

Podcast.

This podcast series is a psychoeducation 'top tips' collection to make managing stress in tough times just that little bit easier. For under 18s wanting to improve their mental health or parents looking to support their teen.

Produced by NHS Grampian

Keywords: Wellbeing

<https://podcasts.apple.com/gb/podcast/keep-camhs-and-carry-on/id1454809593>

*Looking After your Mental Wellbeing during the Coronavirus (COVID-19) outbreak*

Website.

Top tips for looking after mental health during this time of uncertainty

Produced by YoungScot

Keywords: Teenagers, routine, healthy, staying connected, what to avoid, expert advice

<https://young.scot/get-informed/national/how-to-look-after-your-mental-wellbeing>

*Think Ninja*

App.

A CBT based app specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well. Specific content for managing anxiety and stress with regards COVID-19.

Produced by Healios

Keywords: Teenagers, Anxiety, resilience

<https://www.healios.org.uk/services/thinkninja1>



## Older Adolescents 16-18 years

Older adolescents may be hearing lots of information about the coronavirus which could be causing them to feel anxious and apprehensive. Disruption to their daily routine may be having a negative impact on their emotional, social, physical, and mental health.

We have put together some helpful resources that may help make this time a little easier for teenagers. Included is a resource pack for teenagers to inform them about the coronavirus and help them manage difficult feelings and worries through talking and CBT techniques.

### *Advice for Young People*

Video.

The Anna Freud centre gives young people advice related to the COVID-19 pandemic.

Produced by Anna Freud Centre

Keywords: video, young people

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/?fbclid=IwAR0bhQplivbjGzt5rXfaGIBqrl3Sb30eMcv2tw4sUPH00bH1CjvLtSLZVgE>

### *Coronavirus and Your Wellbeing*

Website.

Advice for staying at home, taking care of your mental wellbeing, support for benefits and housing and checklists for staying at home.

Produced by Mind

Keywords: advice, routine, activity, relaxation, support

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#TakeCareOfYourMentalHealthAndWellbeing>

### *It's OK to Worry about Coronavirus – Teenagers*

Workbook PDF.

A resource pack for teenagers to inform them about coronavirus and help manage difficult feelings and worries through talking and CBT techniques.

Produced by NHS Grampian

Keywords: Anx, worksheets, general information, psychoeducation

<https://www.nhsdg.co.uk/wp-content/uploads/2020/04/COVID-19-Resource-pack-overs-its-ok-to-worry-about-coronavirus.pdf>

### *Yoga for Uncertain Times*

YouTube videos.

34 different yoga videos to help young people cope with various aspects of COVID-19 such as anger, stress or trouble sleeping.

Produced by Yoga with Adriene

Keywords: yoga

<https://www.youtube.com/playlist?list=PLui6Eyny-Uzy-b0MKzL2EfaTqB0ppgK06>

*YoungMinds' Coronavirus Blog Posts*

Blog.

Selection of blogs written by teenagers about how they're coping with life changes due to the coronavirus including not going to school/taking exams, looking after your mental health and making routines.

Produced by YoungMinds

Keywords: Anx, transitions, mental health literacy

<https://youngminds.org.uk/blog/>

*Young Scot Coronavirus Information Resources*

Website.

Range of articles to help young people understand what's happening, how to prevent infection, coping with worry and anxiety and supporting others.

Produced by Young Scot

Keywords: mental health literacy, information

<https://young.scot/campaigns/national/coronavirus>

## Parents

In these uncertain times it is important for parents to feel supported and to feel like they have reliable information to give their child.

Here are some lovely resources that offer guidance and advice for how to respond to children's questions and worries; as well as tips for parents on how to look after their own mental health.

### Explaining COVID

*Coronavirus: Helpful information to answer questions from children*  
Website.

Links to reputable sources of information you can use to answer children's questions about the coronavirus.

Produced by: The Place2Be

Keywords: Explaining COVID

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

*How to Talk to your Child about Coronavirus Disease 2019*

Website and videos.

8 tips to help comfort and protect children with advice on how to conduct conversations about the coronavirus and how children can stay safe including how to ask open questions and how to tackle stigma as well as importance to look after yourself to be able to help your child.

Produced by: UNICEF

Keywords: Tackling stigma, honesty, explaining, parents

URL: <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

*Talking to your Child about Coronavirus*

Website.

10 short tips from the Parents Helpline experts' on managing children's worries and anxiety during the coronavirus outbreak including: keeping active, talking, being open to questions and being reassuring.

Produced by Young Minds

Keywords: general information, talking to children

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

*Talking to Kids about the Coronavirus*

Website and video resource.

Short article and video with eight tips for parents about how to talk to kids about COVID-19: talk to children about it openly, be developmentally appropriate, be child-

led and reassuring, manage your own anxiety, focus on precautions you are taking, and maintain routine.

Produced by Child Mind Institute

Keywords: advice, parents

[https://childmind.org/article/talking-to-kids-about-the-coronavirus/?fbclid=IwAR09Tcd5SFcRVEF6tbCb\\_zzJILaP0WRuO\\_1IbDhrDP4dup2oJIY4dzJ1RhA](https://childmind.org/article/talking-to-kids-about-the-coronavirus/?fbclid=IwAR09Tcd5SFcRVEF6tbCb_zzJILaP0WRuO_1IbDhrDP4dup2oJIY4dzJ1RhA)

*Talking to Children about Coronavirus*  
PDF.

1-pager with five tips on talking to children about the Coronavirus: encouraging conversations, being developmentally appropriate, being open to questions, managing parental anxiety, and giving practical guidance to young people.

Produced by: The British Psychological Society.

Keywords: Children, Coronavirus, Managing worries

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf>

*Talking to your Children about Illness*  
Website.

Helps parents understand the needs of their child relative to developmental stage when talking to them about illness.

Produced by British Psychological Society

Keywords: advice, parents, reassurance, how they might respond, developmental

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20illness.pdf>

## **Activities**

*BBC Bitesize*

Website.

Materials for home schooling children of all ages across all topics in the curriculum

Produced by: BBC

Keywords: Home schooling

<https://www.bbc.co.uk/teach>

*Calming activities to do with children at home*

Resource booklet

7 calming activities to do with children at home including breathing exercises and a scavenger hunt designed for younger children.

Produced by: The Counselling Teacher

Keywords: activities

<https://www.nhsdg.co.uk/wp-content/uploads/2020/04/SELpacketTPT.pdf>

### *Go Noodle*

Website

Free exercise and schooling videos and off-screen activities for children to do at home.

Produced by: Go Noodle

Keywords: physical activity, education, games

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

### *Twinkl Home Learning Hub*

Website.

Daily and weekly learning activities and resources for all ages. Content is free but parents need to sign up to download.

Produced by: Twinkl

Keywords: Physical Activity, Educational

<https://www.twinkl.co.uk/home-learning-hub>

## **Experience of Trauma**

*Tips for preparing for COVID-19 in a trauma informed way*

Website.

8 tips on how to reassure children about COVID-19 if they have previously experienced trauma.

Produced by Adoption Now

Keywords: trauma

URL: <https://www.adoptionnow.org.uk/node/67>

### *Parenting a Traumatized Child While Living through COVID 19*

YouTube Video.

Dan Hughes talks to foster carers, adopters, parents under pressure and all adults around traumatised children as we navigate our way through the Corona Virus pandemic.

Produced by Dr Dan Hughes

Keywords: Trauma

<https://www.youtube.com/watch?v=2nLF0wdoSJ0&feature=youtu.be>

## **Gender-based Violence**

*Domestic Abuse during Self-Isolation, Shielding and Social Distancing*

Leaflet.

Advice on safety planning and available support services in Lanarkshire for families at risk of domestic violence.

Produced by NHS Lanarkshire

Keywords: Domestic violence, safety planning, Lanarkshire, child protection

[https://www.southlanarkshire.gov.uk/Childprotection/downloads/file/383/domestic\\_abuse\\_during\\_self-isolation\\_shielding\\_and\\_social\\_distancing](https://www.southlanarkshire.gov.uk/Childprotection/downloads/file/383/domestic_abuse_during_self-isolation_shielding_and_social_distancing)

## **Maintaining Mental Health (Children and Adults)**

*Coping with your feelings*

Website.

Advice on coping with how to cope with the range of feelings brought up by the current crisis with links to other resources.

Produced by NHS Lanarkshire

Keywords: Mental health, advice, resources

<https://www.nhslanarkshire.scot.nhs.uk/novel-corona-virus-covid-19/managing-anxiety/>

*COVID-19 Resource Pack for Parents*

Resource pack.

A parenting resource pack to support parents of children of all ages during the coronavirus crisis.

Produced by NHS Grampian

Keywords: Anx, worksheets, general information, psychoeducation

<https://www.nhs.uk/wp-content/uploads/2020/04/COVID-19-Resource-pack-For-Parents.pdf>

*Dealing with Stressful Issues*

Website.

Information and advice on dealing with coronavirus related issues including housing and money problems.

Produced by NHS Lanarkshire

Keywords: Advice, information

<https://www.nhslanarkshire.scot.nhs.uk/novel-corona-virus-covid-19/coping-with-stress-and-anxiety/>

*Dr Jon Goldin: Coronavirus and Child Mental Health*

Podcast.

30-minute podcast on supporting children's mental health and wellbeing during the coronavirus for parents given by a consultant clinical psychologist.

Produced by Association for Child and Adolescent Mental Health

Keywords: Mental health, parenting

<https://www.acamh.org/podcasts/dr-jon-goldin-on-the-coronavirus-and-child-mental-health/>

*Keep CAMHS and Carry On*

Podcast.

Podcasts to support families with their mental wellbeing during the coronavirus outbreak delivered by CAMHS practitioners from NHS Grampian.

Produced by NHS Grampian

Keywords: podcast, mental health, parenting, all ages

<https://www.camhsgrampian.org/podcast>

*Mental Health and Wellbeing and Coronavirus*

Website.

Short information source with suggestions of how to maintain physical and mental wellbeing and links to further resources for specific groups including: Intellectual Difficulties, Families with Children, Adults, and Older Adults.

Produced by NHS Dumfries and Galloway.

Keywords: Wellbeing, physical health

<http://www.nhsdg.co.uk/mental-health-and-wellbeing-and-coronavirus/>

*Supporting Children and Young People with Worries about COVID-19*

Information leaflet.

Short leaflet with information about looking after your own mental health and responding to children's questions and worries about coronavirus. Reasonably high literacy and emotional literacy level required.

Produced by Universities of Reading and Oxford

Keywords: General information, anx

[https://www.nhsdg.co.uk/wp-content/uploads/2020/03/COVID19\\_advice-for-parents-and-carers\\_20.3\\_.pdf](https://www.nhsdg.co.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf)

Dealing with children's strong emotions during this time:  
Video.

Dr. Ehrenreich-May discusses one strategy for modelling healthy management of parent stress and strong emotion when you're in close quarters with your children.

Produced by: Dr. Ehrenreich-May

Keywords: psychoeducation

<https://vimeo.com/398401539>

## **Parenting during the Coronavirus**

*Advice for Parents and Carers*

Video.

The Anna Freud centre gives parents and carers advice related to the COVID-19 pandemic.

Produced by Anna Freud Centre

Keywords: video, parents, carers

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/?fbclid=IwAR0bhQplivbjGzt5rXfaGIBqrl3Sb30eMcv2tw4sUPH00bH1CjvLtSLZVgE>

*Advice for Parenting in Uncertain Times*  
Leaflet.

10 tips for parenting children of all ages through the coronavirus outbreak.

Produced by Triple P  
Keywords: Parenting

<https://www.nhs.uk/guidance/pdf/full/44622>

*Children 1<sup>st</sup> Parenting Advice*  
Website.

Range of articles with tips for parenting children of all ages during the coronavirus outbreak including keeping kids entertained, talking about the coronavirus and healthy sleep.

Produced by Children 1<sup>st</sup>

Keywords: Parenting, Infants, Children, Teenagers

<https://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/cat/support-for-families-about-coronavirus>

*Coronavirus: Parent Club*  
Website.

Tips on activities to do with children, staying active, advice about eating well at home and advice on how to support your child's mental health.

Produced by Scottish Government

Keywords: Parents, physical, emotional, wellbeing, support, activities, financial support

<https://www.parentclub.scot/topics/health/coronavirus?age=0>

*Coronavirus – information for you and your family*  
Website.

A helpful webpage with links to the best information and resources available to families with an understanding of what families might need just now in mind.

Produced by Parenting across Scotland

Keywords: Family, Coronavirus, Advice

<https://www.parentingacrossscotland.org/info-for-families/coronavirus/>

*Helping Children Cope with Stress during the 2019-nCoV outbreak*  
PDF.

Advice for parents on how to respond to their child's stress in a positive and helpful way.



Produced by: The World Health Organization

Keywords: Children, Coping, Stress

[https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\\_2](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2)

## **Physical Activity**

*Football (from Rangers) worksheets and exercise videos for children*

Videos and worksheets.

Rangers FC are posting weekly videos and worksheets (football related!) to keep kids active at home during lockdown.

Produced by: Rangers FC Charity

<https://www.rangerscharity.org.uk/get-involved/afoundationfromhome>

## Disorder Specific Advice

### Autism Spectrum Disorder

Changes to routine caused by the coronavirus may bring about specific problems for children with autism.

We have put together these resources which give special consideration to the difficulties children and young people with autism may be facing; with wonderful social stories about coronavirus, visual and sensory support aids, and fun activity ideas that are relaxing and nourishing!

### Explaining COVID

*Autism: A parent's guide, special episode on Coronavirus*

Podcast.

Description: 30-minute podcast for parents of children with ASD discussing: issues that may arise for autistic children during the pandemic; practical tips to help manage anxiety, maintain structure; how to explain the situation to young people; and tips on how to keep well as a parent and reliable sources for coronavirus updates.

Produced by: Association for Child and Adolescent Mental Health

Keywords: ASD, Anx

<https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/>

*Autism and Coronavirus: Advice for parents*

Website.

A short list of tips for parents to manage their child's ASD during the crisis

Produced by: Anna Kennedy Online: Raising Autism Awareness

Keywords: ASD

<https://www.annakennedyonline.com/autism-and-coronavirus-advice-for-parents-by-rosie-weldon>

*COVID-19 guide for carers and family supporting adults and children with learning disabilities or autistic adults and children*

Website.

Regularly updated website article with advice on caring for children and adults with ASD or ID during the coronavirus outbreak.

Produced by: Social Care Institute for Excellence

Keywords: ASD, ID

<https://www.scie.org.uk/care-providers/coronavirus-covid-19/learning-disabilities-autism/carers-family>

*Life skills for Teenagers*

32-page Booklet.

Practical guide for parents of young people with ASD to help them prepare for adult life.

Produced by: Falkirk Council

Keywords: ASD, Home Strategies

<https://www.falkirk.gov.uk/services/social-care/disabilities/docs/young-people/Life%20Skills%20for%20Teenagers.pdf?v=201906271131>

*The Listening Programme SPECTRUM*

App/intervention.

A programme designed to support people who are sensitive to sounds cope better with evidence to suggest it is effective in children with ASD. A paid for service that is free until 31<sup>st</sup> May.

Produced by: Advanced Brain

Keywords: Sensory, ASD, Intervention

<https://advancedbrain.com/tp-spectrum/>

*School Closure Toolkit*

Booklet.

A helpful guide including visuals to support home working following school closure.

Produced by: Easter Seals Illinois Autism Partnership.

Keywords: ASD, home schooling, toolkit

[https://www.fife.gov.uk/\\_data/assets/pdf\\_file/0018/40248/School-Closure-Toolkit.pdf](https://www.fife.gov.uk/_data/assets/pdf_file/0018/40248/School-Closure-Toolkit.pdf)

*Supporting Neurodiverse Children in Challenging Times*

Video.

A video for parents of neurodiverse children with tips of how to support them during challenging times, focusing on providing information and providing structure, schedules and predictability.

Produced by: NHS East London

Keywords: ASD, parenting

<https://www.youtube.com/watch?v=dXPtqmHKNoE&feature=youtu.be>

*What to Do When your Child on the Autism Spectrum's Routine Is Disrupted by the Coronavirus*

Article.

Short article with tips on how to deal with routine disruption during the coronavirus written by a clinical psychologist with specialist knowledge of ASD

Produced by: Dr Liz Matheis

Keywords: ASD, Anx

<https://themighty.com/2020/03/covid-19-autism-routine-disruption/>

## Social Stories and Visual Supports

### *Information about coronavirus*

Social story.

Informative social story about coronavirus and what to do if you get sick. Good resource for adolescents with ASD.

Produced by: Mencap

Keywords: Social story, Coronavirus, Information

<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20UPDATED%20130320%20SD%20editsAH.pdf>

### *Using a visual timetable*

YouTube Video.

A video explaining how to use a visual timetable. Example of visual timetable:

<https://stcrispinsedin.files.wordpress.com/2020/03/home-timetable.pdf>

Produced by: Unknown

Keywords: ASD

<https://www.youtube.com/watch?v=t3xvDa6nrbk&feature=youtu.be>

### *My Coronavirus Story*

Social story.

Description: Explaining school closures through a social story.

Produced by: The Illinois Autism Partnership

Keywords: social story, school

[https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6615282\\_1.pdf?0.36536573196742217](https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6615282_1.pdf?0.36536573196742217)

### *Social Stories*

Social stories about coronavirus.

Visual resources and social stories explaining: coronavirus, feeling worried, school closures, social distancing, doing school work at home, hand hygiene and understanding and coping with change.

Produced by: Various writers and illustrators. Pulled together by East Renfrewshire Council.

Keywords: Social stories, Explaining coronavirus, Understanding change

<https://blogs.glowscotland.org.uk/er/healthierminds/coping-covid-19/social-stories/>

### *Talking Mats*

Visual Information sheet.

Easy read information sheet which visually explains social distancing and activities which are safe

Produced by: World Health Organisation

Keywords: physical distancing, safety, hand washing

[https://www.talkingmats.com/wp-content/uploads/2020/03/20200324-coronavirus-easy-read-v3\\_.pdf](https://www.talkingmats.com/wp-content/uploads/2020/03/20200324-coronavirus-easy-read-v3_.pdf)

*Coronavirus social story*

Editable Online social story.

A free Coronavirus Social Narrative to help alleviate fears and anxiety many children may be experiencing at this time, with a particular focus on how the virus impacts children's lives.

Produced by: Amanda McGuinness

Keywords: ASD, COVID, anxiety

<https://littlepuddins.ie/coronavirus-social-story/>

*My Social Distancing Story*

Social story.

School closures and social distancing

Produced by: The Illinois Autism Partnership

Keywords: social story, social distancing

[https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6583599\\_4.pdf?0.2679286201098732](https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6583599_4.pdf?0.2679286201098732)

*My story about pandemics and the coronavirus*

Social story.

Social story explaining pandemics and what coronavirus means for people and society. Reminds kids that coronavirus WILL end. Good resource for late primary school children-early adolescents (some tricky language for younger kids).

Produced by: Carol Gray

Keywords: Social story, Pandemics, Coronavirus

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

*What is the coronavirus?*

Social story.

Colourful visual story about what coronavirus is

Produced by: The Autism Educator

Keywords: Understanding coronavirus, Autism

<https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

\*Be aware of copyright protection at end of resource

### *Easterseals ASD support website*

Online resource for people and families with Autism Spectrum Disorder.

Visual schedules and supports to help children with ASD through difficult times where things have changed, and their routine has been disrupted. Schedules can be tailored to be age-appropriate using different pictures, objects or words.

Produced by: Easterseals

Keywords: Schedules, Visual supports, ASD

<https://www.easterseals.com/chicago/explore-resources/autism-resources-1.html>

### *Supporting families at home*

Visual Schedule.

Example of a visual schedule to help families support children with ASD to build a healthy, structured routine at home during isolation.

Produced by: Ms Taylor (a teacher at a local primary school)

Keywords: Visual timetable, Healthy, Structure, Routine, ASD

<https://twitter.com/GlasgowEPS/status/1240305982573621248/photo/1>

### *Coronavirus, and helping children with autism – Episode 4 ‘Autism, a parent’s guide’ with Dr. Ann Ozsivadjian and Dr. Marianna Murin.*

Podcast.

Ann and Marianna discuss issues that may arise for autistic children such as the disruption of closing schools, anxiety and obsessive behaviours. They offer tips on how to keep well as a parent and be reliable sources of information about the coronavirus.

Produced by: The Association for Child and Adolescent Mental Health (ACAMH)

Keywords: Podcast, ASD, Parenting, Guide, Coronavirus

<https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/>

### *Support for parents, carers and services on the COVID-19 outbreak*

Information sheet.

A great resource for parents with associated documents and video links to support young people with autism during COVID-19 including links to social stories on understanding the virus, managing coughing and sneezing, understanding school closures.

Produced by: The Autism Support Team at Scottish Autism

Keywords: Parents, ASD, Coronavirus, Supporting children

[https://www.scottishautism.org/sites/default/files/covid-19\\_support\\_document.pdf](https://www.scottishautism.org/sites/default/files/covid-19_support_document.pdf)

## Sensory Support Aids

*Hand washing Tips for those with Sensory Issues*

Website

Tips on how to cope with the distress and discomfort of hand washing with those who have sensory difficulties

Produced by: Sensory Integration Education

Keywords: Hand washing, sensory, supporting, prompting

URL: <https://www.sensoryintegration.org.uk/News/8821506>

*NHS website for sensory supports*

Website.

Sensory video, sensory questionnaires, sensory boxes, Falkirk council sensory booklets, occupational therapy teams in NHS GGC.

Produced by: NHS GGC

Keywords: Sensory supports, ASD

<https://www.nhsggc.org.uk/kids/life-skills/joining-in-with-sensory-differences/>

*Sensory hands activity*

Activity.

Fun, sensory activity idea from The National Autistic Society's twitter page aimed at supporting children with Autism who are struggling with social distancing.

Produced by: The National Autistic Society

Keywords: Sensory, Activity, ASD, Social distancing, Coping strategy

<https://twitter.com/Autism/status/1247891762267303938>

## Learning Disabilities

We understand that children and young people with intellectual disabilities need information that is clear and easy to read so we have put together these resources which help explain coronavirus in a way that is simple and supportive!

### *Coronavirus Information*

Website.

General and easy-read information and resources on Coronavirus.

Produced by: Scottish Commission for Learning Disability (SCLD)

Keywords: Explaining COVID

<https://www.sclld.org.uk/information-on-coronavirus/>

### *COVID-19 guide for carers and family supporting adults and children with learning disabilities or autistic adults and children*

Website.

Regularly updated website article with advice on caring for children and adults with ASD or ID during the coronavirus outbreak.

Produced by: Social Care Institute for Excellence

Keywords: ASD, ID

<https://www.scie.org.uk/care-providers/coronavirus-covid-19/learning-disabilities-autism/carers-family>

### *Easy read information and advice about coronavirus*

Leaflets.

A suite of leaflets in easy read format with information and advice about the coronavirus which may be helpful for parents of children with ID

Produced by: NHS Scotland

Keywords: Information, ID

<https://www.nhsinform.scot/translations/formats/easy-read/coronavirus-covid-19>

### *Information about COVID-19 and the coronavirus*

PDF.

Easy-read information about COVID-19.

Produced by: Enable

Keywords: Explaining COVID

<https://www.enable.org.uk/wp-content/uploads/2020/03/COVID19-ES15-Coronavirus-Easy-Read-1.pdf>

### *Social Distancing Easyread*

PDF.

Easy to read information about social distancing regulations from easy read online.



Produced by: Easy Read

Keywords: Social distancing, easy read

[https://www.easy-read-online.co.uk/media/53210/free-document-on-the-lockdown-easy-read-lo-res\\_v1c.pdf](https://www.easy-read-online.co.uk/media/53210/free-document-on-the-lockdown-easy-read-lo-res_v1c.pdf)

*Staying at Home*

Website.

Staying at home - helpful information for parents and carers of children and young people with learning disabilities.

Produced by: NHS North Derbyshire CAMHS

Keywords: Learning disabilities.

<https://www.camhsnorthderbyshire.nhs.uk/selfisolating-for-learning-disabled-young-people>

*Supporting Children with Learning Disability/ ASD: coping with COVID-19 isolation*  
Booklet.

23-page booklet with advice to help parents look after children with ID/ASD. Topics include maintaining and routine, sleep and exercise.

Produced by: NHS Wales

Keywords: ID, daily life

<https://councilfordisabledchildren.org.uk/help-resources/resources/supporting-children-learning-disability-asd-coping-covid-19-isolation>

## ADHD

Below are resources offering top tips for parents supporting a child with ADHD during these tricky and uncertain times.

### *A paediatrician's tips for managing ADHD under lockdown*

Video.

An ADHD specialist paediatrician shares tips for supporting children with ADHD during lockdown.

Produced by: Royal Collage of Paediatrics and Child Health

Keywords: ADHD, parenting

<https://www.youtube.com/watch?v=QrBGawusraY&feature=youtu.be>

### *Guidance for Uncertain Times*

Resource Database.

Videos and articles on a range of topics including home schooling and managing family conflict during coronavirus targeted for parents of children with ADHD.

Produced by: Children and Adults with Attention-Deficit/Hyperactivity Disorder

Keywords: ADHD, parenting, schooling

<https://chadd.org/guidance-for-uncertain-times/>

### *How to Explain Coronavirus to a Child with Anxiety*

Magazine article.

11 expert tips to help parents talk to their child about COVID-19, navigating the next few weeks at home together, and living with the constant hum of uncertainty in an ADHD household

Produced by: ADDitude Magazine

Keywords: ADHD, ADD, Anx

<https://www.additudemag.com/explain-cornavirus-covid-19-anxiety-adhd-child/>

## *Support for Kids with ADHD*

Article

An article with advice for parents on providing home schooling and structure to children with ADHD during lockdown.

Produced by ChildMind

Keywords: ADHD, parenting, home school

<https://childmind.org/article/giving-kids-with-adhd-support-and-structure-during-the-coronavirus-crisis/>

## **Eating Disorders**

The current lockdown restrictions may be making this time particularly challenging for young people with eating disorders. It is important that clinicians and families try to help them feel calm, safe, and supported; and to acknowledge that these uncertain times may be triggering for some young people.

We have included a link to the BEAT eating disorder website which has produced some helpful guidance on coronavirus to support those with an eating disorder.

### *Eating Disorders and Coronavirus*

Website.

BEAT have developed guidance to try to respond to specific worries and practical concerns regarding coronavirus and treatment for people with an eating disorder or supporting those with an eating disorder.

Produced by Beat

Keywords: Eating Disorders

<https://www.beateatingdisorders.org.uk/coronavirus>

## **OCD**

These uncertain and difficult times will be tricky for all of us to deal with but may be particularly challenging for young people with OCD.

We have found some helpful resources designed to support those with OCD to help them manage their anxiety amidst the coronavirus. Included is a resource produced by Young Minds sharing the experience of Charlie, a young OCD sufferer. Charlie talks about how sticking to a routine, staying connected, and being self-compassionate is helping her manage anxiety during these uncertain and triggering times.

### *OCD Survival Guide*

Website.

Series of tips to help young people manage their OCD during the coronavirus emergency

Produced by: OCD UK

Keywords: OCD, Anx

<https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>

*Tips for Coping with OCD During the Coronavirus Pandemic*  
Website.

The coronavirus (COVID-19) pandemic is a difficult time for a lot of people, but for those with obsessive compulsive disorder (OCD) it may be particularly challenging. Charlie, 21, shares their tips on coping.

Produced by: Youngminds

Keywords, OCD, Anxiety

<https://youngminds.org.uk/blog/tips-for-coping-with-ocd-during-the-coronavirus-pandemic/>

*Talking to Kids with OCD about COVID-19*  
Website.

Tips for parents on how to support children with OCD at this time and access to a weekly online support group.

Produced by: International OCD Foundation

Keywords: OCD, Anx

<https://iocdf.org/covid19/talking-to-kids-about-covid-19>

## **Deaf Children**

Below is a wonderful resource created by pupils at Hamilton School for the Deaf to help support deaf children to understand the importance of hand washing during the coronavirus.

*BSL Hand washing Video*  
Video.

Amazing video in BSL showing children how using soap and washing our hands helps prevent the spread of the coronavirus.

Produced by: Pupils at Hamilton School for the Deaf

Keywords: BSL, Hand washing, Coronavirus

<https://twitter.com/HSFDeaf/status/1240396637811478532>

## Calming Strategies

It is always important for us to look after our minds and our bodies, and to practice ways of reducing stress through calming and relaxing activities.

For children and young people, the constant news updates, social distancing restrictions and changes to routines may be causing anxiety and stress levels to rise.

We think it's important for children, young people and their families to have access to helpful, calming strategies and so we have put together this list of lovely resources to encourage those we support to stay mindful, calm and positive.

### *Brainstem Calmers*

Brainstem calming activities.

Patterned, repetitive and rhythmic activities designed to calm the brain down from a highly anxious state. Encouraging children to do these activities little and often can help!

Produced by: Beacon House therapeutic services and trauma team

Keywords: Brainstem calmers, Calming activities, ASD, Trauma

<https://beaconhouse.org.uk/wp-content/uploads/2019/09/Brainstem-Calmer-Activities.pdf>

### *Calm*

Resources for emotional wellbeing.

Free access to meditations, sleep stories, movement exercises, journals and music.

Produced by: CALM

Keywords: Calm, Meditation, Gentle movement, Relaxing music

[https://www.calm.com/blog/take-a-deep-breath?utm\\_medium=email&utm\\_campaign=715072-free-mindfulness-resources-from-calm&utm\\_source=lists%2F51225-Ultimate-LoveLife-Makeover-Summit&simplero\\_object\\_id=su\\_eWE1de2opeEQMZhT61XBFMVm](https://www.calm.com/blog/take-a-deep-breath?utm_medium=email&utm_campaign=715072-free-mindfulness-resources-from-calm&utm_source=lists%2F51225-Ultimate-LoveLife-Makeover-Summit&simplero_object_id=su_eWE1de2opeEQMZhT61XBFMVm)

### *Chill Outz App*

Mindfulness app.

Kids can tap on 5 individual animated characters and see stories that help teach young children about mindfulness techniques to help them overcome fears and challenges.

Produced by: Mind-Out

Keywords: App, ASN, ASD, Mindfulness

Downloadable on iTunes, Google and Chrome

### *Headspace: Meditation for kids*

Meditation.

Meditation for children to enjoy that can help them feel calm during a scary, stressful time. There are different activities designed for all ages. Children and families can try for free!

Produced by: Headspace

Keywords: Meditation, Kids, Relax, Quality time

<https://www.headspace.com/meditation/kids>

*Guided relaxation for children*

Intervention.

Guided relaxation for children focussing on physical relaxation and deep breathing. Good for adults to do to!

Provided by: Sarah Philip (Educational psychologist and yoga teacher)

Keywords: Breathing, Relaxation, Kids, Mind-body connection

<https://www.sarahphilpcoaching.com/guidedrelaxation>

## Other Resource Databases for Clinicians

Below we have included links to some helpful databases of COVID resources, to further support clinicians in their work with families.

### *CAMHS Resources*

Website.

A website with links to websites, apps, downloads, books and videos to support children of all ages during the coronavirus crisis. May be useful to share with parents as well as a great resource for clinicians.

Produced by: NHS Professional

Keywords: Database, all ages

<https://www.camhs-resources.co.uk/>

### *Psychology Tools COVID-19 resources*

Website.

A website listing resources to help practitioners work with front-line staff and clients, including journal articles, talks, handouts and interventions.

Produced by: Psychology Tools

Keywords: Information, Interventions, Professional Development

<https://www.psychologytools.com/psychological-resources-for-coronavirus-covid-19/>

## Staff Psychosocial Support and Information

The outbreak of COVID-19 has undoubtedly had a massive effect on the children, young people, and families we support, but it is also important to recognise how coronavirus is affecting frontline staff.

We have included some helpful resources aimed at supporting our amazing keyworkers who may be experiencing heightened levels of anxiety; mental exhaustion; and physical and emotional challenges during this time.

### *Coping with Coronavirus*

Website.

A website collating various self-help tools to support people to manage their mental health during the pandemic.

Produced by: Trainee Clinical Psychologists in University College London

Keywords: Wellbeing, Mindfulness, Resilience, Wellbeing

<https://www.copingwithcoronavirus.co.uk/index.html>

### *Going Home Checklist*

Poster.

Poster encouraging mindfulness and reflection at the end of the day

Produced by: NHS Doncaster and Bassetlaw Teaching Hospitals

Keywords: Staff, Wellbeing, Mindfulness

<https://oesn11hpbml2xaq003wx02ib-wpengine.netdna-ssl.com/wp-content/uploads/2019/03/NHS-Staff-wellbeing-poster1.pdf>

### *Intensive Care Society: Wellbeing Resource Library*

Library of printable posters and resources.

Excellent posters designed to improve our understanding of psychological wellbeing at work and provide tips for dealing with extraordinary situations such as COVID-19 and everyday working in critical care.

Produced by: Intensive Care Society and Dr Julie Highfield

Keywords: Staff, Wellbeing, Support, Resources

<https://www.ics.ac.uk/ICS/Education/Wellbeing/ICS/Wellbeing.aspx?hkey=92348f51-a875-4d87-8ae4-245707878a5c>

### *Living Life to the Full Advice for Health Workers*

Website.

Ideas to stay physically and mentally fit.

Produced by: Living Life to the Full

Keywords: psychoeducation, exercise



<https://lltff.com/wp-content/uploads/LLTTF-Coronavirus-health-worker-2.pdf>

*Stress, Sleep Problems and Resilience Programmes*

Online training.

Free online psych-educations programs based on evidence-based CBT that focus on managing stress, sleep and build resilience. Use code NHS2020.

Produced by: Silvercloud

Keywords: Staff, Wellbeing, Stress control

<https://nhs.silvercloudhealth.com/signup/>

*StressLine*

Telephone Service.

Support from Salus for NHS Lanarkshire staff for emotional wellbeing during COVID-19 crisis.

Contact: 0808 281 9288, Monday to Sunday, 9am to 7pm.

*Working in a Crisis: Daily Psychological protection*

PDF.

Self-care infographic with advice for working in a crisis.

Produced by: NES

Keywords: Psychology, Self-care

[https://nesvleprdstore.blob.core.windows.net/nesndpvlecmsprdblob/0d6f3b09-8df5-4456-b9a3-fd6b55a55c59\\_NES%20Psychological%20protection%20in%20a%20Crisis.pdf?sv=2018-03-28&sr=b&sig=pnDK%2FiF%2B%2Fb2XtVH831YIFzC4SA%2Bs3k6120OWwFeqfSw%3D&st=2020-04-23T13%3A17%3A51Z&se=2020-04-23T14%3A22%3A51Z&sp=r](https://nesvleprdstore.blob.core.windows.net/nesndpvlecmsprdblob/0d6f3b09-8df5-4456-b9a3-fd6b55a55c59_NES%20Psychological%20protection%20in%20a%20Crisis.pdf?sv=2018-03-28&sr=b&sig=pnDK%2FiF%2B%2Fb2XtVH831YIFzC4SA%2Bs3k6120OWwFeqfSw%3D&st=2020-04-23T13%3A17%3A51Z&se=2020-04-23T14%3A22%3A51Z&sp=r)

## Lanarkshire-wide/National Services

The following is a list of Lanarkshire-wide and National services which are still operating and providing support to families and young people during this time.

Services have been split into categories according to the type of support they offer.

Please note that there may be some changes to services as a result of government measures that are currently in place to reduce the spread of the coronavirus.

### ASD

#### *National Autistic Society*

Autism Helpline providing impartial and confidential information and advice and searchable database of local services. There is also a directory of autism related services in Scotland here: <https://www.autism.org.uk/directory>

Opening hours: Mon-Fri 10am-3pm

Helpline: 0808 800 4104

<https://www.autism.org.uk/get-involved/about-us/contact-us.aspx>

#### *Reach*

No response to telephone/email enquiry about updated services. No update on website.

Opening hours: ???

Telephone: 0141 641 0068

<https://reachautism.org.uk/>

#### *Scottish Autism*

Scottish Autism have closed their information helpline and face to face services but people can email them for advice or request a call back

Opening hours: Mon-Fri 10am-4pm

Email address: [advice@scottishautism.org](mailto:advice@scottishautism.org)

<https://www.scottishautism.org/services-support/covid-19-support/our-response>

## Bereavement

### *Child Bereavement UK*

Helpline open as normal and live chat is available via the website to support families with child bereavement/when a child has been bereaved. The service is receiving referrals via telephone where the person will leave a message and a caller will return the call. They are still talking to families via telephone and a referral doesn't necessarily have to be made.

Opening Hours: Helpline open as normal Tuesday – Friday, 9am – 5pm (except Bank Holidays) there are more limited times on Monday.

Telephone numbers: 0141 352 9995

Email address: [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

Address: Child Bereavement UK, First Floor, 16 Fitzroy Place, Glasgow G3 7RW

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

#### *Cruse Bereavement Care Scotland*

Information and telephone/website support for loss and bereavement.

Opening Hours: Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings, they are now open until 8pm.

Telephone numbers: 0808 808 1677

Email address: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

Address: Central Office Address (administration only): Cruse Bereavement Care, PO Box 800, Richmond, Surrey, TW9 1RG.

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

#### *Chris's House*

Counselling services are being offered to people in suicide crisis over telephone calls. They are triaging on the telephone and allocating therapists thereafter.

Opening Hours: 24 hours

Telephone numbers: 01236 766755

Email address: [info@chrisshouse.org](mailto:info@chrisshouse.org)

Address: 2-4 Belhaven Rd, Wishaw ML2 7NZ

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

#### *Grief Encounter*

Child bereavement charity offering virtual support to CYP and families through their email address and web chat.

Opening Hours: 9am-9pm Monday to Friday

Telephone numbers: 0808 802 0111

Email address: [griefftalk@griefencounter.org.uk](mailto:griefftalk@griefencounter.org.uk)

Address: Grief Encounter, The Lodge, 17 East End Road, London N3 3QE.

Website for webchat: [www.griefencounter.org.uk](http://www.griefencounter.org.uk)

#### *PETAL (People Experiencing Trauma and Loss)*

Offering counselling services via phone and online for people affected by homicide or suicide. The service is also maintaining our Referral and Practical Information telephone support line

Opening Hours: Mon-Thurs 9.00am – 5.00pm, Friday 9.00-4.00pm

Telephone number: 01698 324502

Email address: [info@petalsupport.com](mailto:info@petalsupport.com)

Address: Petal Support Limited, 8 Barrack Street, Hamilton, ML3 0DG

[www.petalsupport.com](http://www.petalsupport.com)

#### *SAMM (Support after Murder and Manslaughter)*

Email support still available for families who have been bereaved by murder or manslaughter.

Opening Hours: Office not opened need to email for a response  
Telephone number: 0121 472 2912  
Email address: [samm.national@gmail.com](mailto:samm.national@gmail.com)  
Address: L&DC, Tally Ho! Pershore Road, Edgbaston, Birmingham, B5 7RN  
[www.samm.org.uk](http://www.samm.org.uk)

## **Communication Support Needs**

*Sense Scotland Lanarkshire services*

All face to face services, including the early years service, have ceased at the moment. They have an advisory service open for families with a child with communication support needs related to a disability across Scotland

Opening hours: Mon-Fri 9am-5pm  
Email: [advisory@sensescotland.org.uk](mailto:advisory@sensescotland.org.uk)  
<https://www.sensescotland.org.uk/what-we-do/support/>

## **Coronavirus Support**

*Public Distress COVID-19 Helpline*

Helpline run by NHS Lanarkshire Psychological Services offering advice and guidance to anyone who is experiencing distress and anxiety during the COVID-19 (coronavirus) outbreak.

Opening hours: Mon-Fri 10am-4pm  
Telephone number: 01698 687 567

## **Domestic Abuse**

*Scotland's Domestic Abuse and Forced Marriage Helpline*

Confidential helpline support anyone with experience of domestic abuse or forced marriage, as well as their family members, friends, colleagues and professionals who support them. Webchat also available on their website.

Opening Hours: 7 days a week 24 hours  
Telephone number: 0800 027 1234  
Email: [helpline@sdafmh.org.uk](mailto:helpline@sdafmh.org.uk)  
<https://sdafmh.org.uk/#>

## **Family Support**

*Circle*

Support for marginalised children and families in South Lanarkshire. The project office in Hamilton is closed. Support for families is being offered via telephone. The services is new accepting referrals.

Opening hours: 9am- 5pm.  
Referrals: [mark.kennedy@circle.scot](mailto:mark.kennedy@circle.scot) or [georgina.lyttle@circle.scot](mailto:georgina.lyttle@circle.scot)  
<https://circle.scot>

*Cry-sis*

Help and support to parents with babies who cry excessively or have sleeping problems. Service delivered by volunteers. Service running as normal.

Opening hours: Mon-Sun 9am-10pm

Helpline: 08451 228 669

<https://www.cry-sis.org.uk>

### *Elament*

Lanarkshire's first stop for mental health and wellbeing, providing information for people seeking assistance with mental health problems. Website provides searchable database of services and support groups in Lanarkshire. These details have not been updated to reflect current provision.

<http://www.elament.org.uk>

### *One Parent Families Scotland*

Support for one parent families. Current service provision includes: One-to-one support to parents by telephone, text, email, Facebook, Facetime and WhatsApp. Advice on Universal Credit claims, Benefit Applications, Money Advice and Housing. Information and advice on money, food, medication, heating and lighting. Help with crisis applications for fuel, food and essential item items. Hints and tips on managing your worries. Ideas for activities you can do at home to keep you and your family occupied. Up-to-date advice and referrals for access to local services & resources.

Opening hours: 9am- 5pm

Email: [lanarkshire@opfs.org.uk](mailto:lanarkshire@opfs.org.uk)

Tel: 01698239961

<https://opfs.org.uk/who-we-are/local-services/north-lanarkshire/>

<https://www.facebook.com/OneParentFamiliesLanarkshire/>

### *PACT- Parents and carers together*

A monthly group for parent's and carers who need additional support due to their own needs or the needs of their child. Currently providing telephone support to all clients. New referrals can be made but will be on a waiting list and not be followed up until May/June 2020.

Contact: Lynsey Hunter, Family Support Co-ordinator: 07471035144

Email: [L.Hunter@coveybefriending.org.uk](mailto:L.Hunter@coveybefriending.org.uk)

<http://www.coveybefriending.org.uk/pact.php>

### *Sleep Scotland*

Support for families around children's sleep problems available via a helpline and remote counselling. Contact via email and a Sleep Advisor will be in touch to arrange an assessment over the phone.

Opening hours: Mon-Thurs 10am-4pm

Helpline: 0800 136 6565,

Email: [sleepsupport@sleepscotland.org](mailto:sleepsupport@sleepscotland.org)

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

## **Looked After and Accommodated Young People**

### *Nurture Scotland*

Support for kinship carers. Operating service via Facebook and telephone.

Opening hours: unknown

Tel: 07547525674

Email: [info@nurture-scotland.org.uk](mailto:info@nurture-scotland.org.uk)

<https://www.facebook.com/nurturescotland/>

<https://www.nurture-scotland.org>

### *Who Cares Scotland? Get Advocacy Service*

Independent advocacy service for looked after and accommodated young people. Referrals can be made online via their website. Who Cares? Scotland are also running a dedicated 1<sup>st</sup> responders' helpline for care experienced young people needing support during the lockdown.

Opening hours; Monday to Friday, 10am -6pm, Saturday to Sunday, 10am-4pm  
Call or text: 0775 604 7389 0754 533 7152 (dedicated kinship care line) 0756 824 2965/0789 596 1815 (only open Mon-Fri)

Email: [help@whocaresscotland.org](mailto:help@whocaresscotland.org)

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

## **Physical Ill Health**

### *The Haven*

For families who have a child with a terminal illness. The Haven have a call back for families can call to access advice and support from Haven Nurses, or the Children Young People and Families Coordinator. They are putting together written resources for their website too.

Opening hours: Mon-Fri 10am-4pm

Tel: 01555-811846, Monday to Friday from 10am to 4pm.

<https://www.thehavencentre.com/news/>

### *Macmillan Cancer Support*

No response on whether information and support services across Lanarkshire are operational. Assume centres are closed. Information and support can be obtained through Macmillan website.

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

### *Pain Association Scotland Virtual Groups*

Professionally led pain self-management groups are not available online at the same time as face to face Wishaw/Coatbridge meetings would have been held. There is also a bank of videos on their website.

Email to join: [info@painassociation.com](mailto:info@painassociation.com)

<https://painassociation.co.uk/videos>

### *Partners in Play*

No response or update on website.

Opening hours: ???

Telephone: 01698 361174

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

## **Relationships**

### *Action for Children*

Provides extra support for families in Scotland. Services are provided for a range of issues e.g. a short breaks service

Services available: Service as normal

Opening Hours: Mon-Fri (9am-5pm)

Telephone numbers: 0141 550 9010

Email address: [ask.us@actionforchildren.org.uk](mailto:ask.us@actionforchildren.org.uk)

Address: 17, Newton Place, Glasgow, G3 7PY.

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

### *Relationships Scotland*

No face-to-face counselling. Enquire about virtual counselling, meditation and other support for your family by contacting the nearest Member Service.

Opening hours: Mon - Fri 9:30am-4:30pm

Telephone: 03451192020

Email Address: [enquires@relationships-scotland.org.uk](mailto:enquires@relationships-scotland.org.uk)

Address: 18 York place, Edinburgh, EH1 3EP

<https://www.relationships-scotland.org.uk/find-a-local-service>

### *Women's Aid*

Online and telephone support available for women and children who have experienced domestic violence. The service has doubled the live chat hours (now live 10am-2pm). This is an instant service, alternatively there is a phone line and email address. There is also a forum to talk to domestic violence survivors.

Opening Hours: South Lanarkshire- Mon/Tue/Thur/Fri: 9am-5pm, Wed: 11am-5pm.

North Lanarkshire Mon-Fri: 9am-4pm

Telephone numbers: 0800 027 1234 South Lanarkshire-01355249897 North

Lanarkshire- 01236 730922

Email address: [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk) [info@womensaid.org.uk](mailto:info@womensaid.org.uk)

Address:

South Lanarkshire- Edinburgh House 20 Princes Square, East Kilbride, G74 1LQ

North Lanarkshire- Muirfield Centre, 1a South Muirhead Road, Cumbernauld, G67 1AA.

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

## **Trauma Services**

### *MOSAC (Mothers of Sexually Abused Children)*

Support for all non-abusing parents and carers whose children have been sexually abused. MOSAC provide various types of support services and information for parents, carers and professionals dealing with child sexual abuse.

Opening hours: 10am-2pm (Mon, Thurs, Fri), 10am-6pm (Tues, Wed)

Helpline: 0800 980 1958

<http://www.mosac.org.uk/>

### *Rape Crisis Scotland*

Offer free and confidential initial and crisis support and information for anyone affected by sexual violence, no matter how it happened.

Opening hours: Mon-Sun 6pm-12am

Helpline: 08088 01 03 02

Email address: [support@rapecrisisScotland.org.uk](mailto:support@rapecrisisScotland.org.uk)

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

### *Victim Support Scotland*

Offer help and support for anyone affected by crime.

Opening hours: Mon-Fri 8am-8pm

Helpline: 0345 603 9213,

Email address: [info@victimssupportsco.org.uk](mailto:info@victimssupportsco.org.uk)

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

## **Young People's Services**

### *Barnardo's Axis Lanarkshire Service*

Provides support to young people aged 11- 21 (26 if care experienced) who are affected by their own or some else's substance misuse and other related complex issues. The service provides co-ordination, advocacy and support. It is still open for new referrals.

Email: [axislanarkshire@barnardos.org.uk](mailto:axislanarkshire@barnardos.org.uk)

Tel: 01698 262443 Ext 3

<https://www.barnardos.org.uk/what-we-do/services/barnardos-axis-lanarkshire-core>



## North Lanarkshire Services

The following is a list of North Lanarkshire services which are still operating and offering support to families and young people during this time.

Services have been split into categories according to the type of support they offer.

Please note that there may be some changes to services as a result of government measures that are currently in place to reduce the spread of the coronavirus.

### ASD

#### *Hope*

Lanarkshire-based Autism support charity usually offering events and social groups to improve understanding of autism. No response to enquiry about updated services and no update on website.

Opening hours: ???

Telephone: 012236 779191

Email: [hope@hopeforautism.org.uk](mailto:hope@hopeforautism.org.uk)

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

### Drug and Alcohol Support

#### *Love N Light - Airdrie*

Support still available for families overcoming drug, alcohol and mental health problems via telephone, social media (Facebook) and WhatsApp.

Telephone numbers: Bill - 07473102975 Jane – 07875634701

Email address: [loveandlight.org@gmail.com](mailto:loveandlight.org@gmail.com)

Social media page: <https://www.facebook.com/lovenlight.light.50>

Address: The Pilgrim Community Centre, 1 Victoria Place Airdrie, ML6 9HA

### Trauma

#### *The Moira Anderson Foundation*

All services still available via telephone or Zoom, including youth counselling and CBT. Complimentary therapies not available at this time.

Website: [www.moiranderson.org](http://www.moiranderson.org)

Telephone number: 01236602890 (or contact via online form on the website)

Email address: [info@moiraanderson.org](mailto:info@moiraanderson.org)

Address: 3 Mavisbank Street, Airdrie, ML6 0JA

### Youth Projects

#### *CLD Youth Work Services*

Many of the usual groups are operating at the same time using online platforms.

For more info visit Facebook: <https://www.facebook.com/NLCYouthwork/>

Instagram Chat daily:

2-3pm @nlcyouthwork

4-5pm @athomeyouthcentre

Locality Teams can also be accessed on Instagram, Facebook and twitter:

Bellshill

Insta Chat 10-11am @Bellshillyouthworkcld

<https://www.facebook.com/BellshillCLD/>

<https://twitter.com/BYouthwork>

Coatbridge

Insta Chat 3-4pm @CB\_Youthwork

<https://www.facebook.com/CBYouthWork/>

Cumbernauld

Insta Chat 11-12pm @cumbernauldCLD

[https://twitter.com/Cumbernauld\\_CLD](https://twitter.com/Cumbernauld_CLD)

Motherwell

Insta Chat 12-1pm @MotherwellCLD

<https://www.facebook.com/motherwellyouthworkteam/>

<https://twitter.com/MotherwellCLD>

Wishaw and Shotts

Insta Chat 1-2pm @WISHAWSHOTTS

<https://www.facebook.com/wishawshottsyw/>

<https://twitter.com/wishawshotts?lang=en>

[Lanarkshire.communities@phoenixfutures.org.uk](mailto:Lanarkshire.communities@phoenixfutures.org.uk) / 01236 425338 or 01236 426385

## South Lanarkshire Services

The following is a list of South Lanarkshire services which are still operating and providing support to families and young people during this time.

Services have been split into categories according to the type of support they offer.

Please note that there may be some changes to services as a result of government measures that are currently in place to reduce the spread of the coronavirus.

### ASD

*Autism Research Coordination Hub*

No response for update on services but assume all face to face activity has ceased.

Opening times: ??

Telephone: 0344 225 1111

Email: [ARCH@southlanarkshire.gov.uk](mailto:ARCH@southlanarkshire.gov.uk)

[https://www.southlanarkshire.gov.uk/info/200221/children\\_and\\_families/1695/autism/2](https://www.southlanarkshire.gov.uk/info/200221/children_and_families/1695/autism/2)

### Bereavement

*Give us a Break*

Call back service for people coping with bereavement and loss.

Opening Hours: 10am-3pm (Monday to Friday)

Telephone numbers: 01698 455800

Email address: [enquiries@slcpsych.org.uk](mailto:enquiries@slcpsych.org.uk)

Address: 23 Beckford Street, Hamilton, ML3 0BT

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

### Drug and Alcohol Support

*Addaction*

Free and confidential support for those affected by drugs and alcohol via online community and support groups running during the current situation and one to one webchat.

Telephone numbers: 01698 533 843 or 08005 999 774

Email address: [southlanarkshireservice@addaction.org.uk](mailto:southlanarkshireservice@addaction.org.uk)

<https://www.wearewithyou.org.uk/help-and-advice/coronavirus-covid-19/>

### Relationships

*Healthy Valleys*

Aims to reduce health inequalities, promote positive lifestyles and improve health and wellbeing in rural South Lanarkshire. Staff are working remotely from Monday 30th March for foreseeable. Services will be offered via audio call or zoom. Activity packs delivered to families to provide ideas for activities do within the home and

garden. They are providing information to children and families with information on games/activities to play whilst in isolation which encourage active play and bonding.

Opening hours: no set opening times

Telephone: No current access to landline contact either Ryan 07859062831 or Julia 07743473623.

Email address: [ryan@healthyvalleys.org.uk](mailto:ryan@healthyvalleys.org.uk) or [info@healthyvalleys.org.uk](mailto:info@healthyvalleys.org.uk)

Address: Healthy Valleys, Lockhart Community Hub, c/o Lockhart hospital, Whitlees Road, Lanark, ML11 7RX

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

### *Burnbank Family Centre*

The Centre provides advice, guidance and support to parents and carers on an individual basis as well as group work programmes in South Lanarkshire.

Services Available: No service update available

Opening hours: not open

Telephone number: 01698 458832

Email Address: [linda.welsh@southlanarkshire.gov.uk](mailto:linda.welsh@southlanarkshire.gov.uk)

Address: 2 Donaldson St, Hamilton ML3 0NS

## **Services for Carers**

### *Lanarkshire Carers Centre*

Carer Support Workers providing individual emotional support to carers. Talking to carers about emergency planning in preparation for if they become unwell and can no longer provide care. Online contact/referral/registration facilities.

Opening Hours: Monday - Friday: 9:00am to 4:30pm (telephone). Online contact/referral/registration facilities (operating in normal way 24/7)

Telephone numbers: 01698 428090 and 01236 755550

Email address: [info@lanarkshirecarerscentre.org.uk](mailto:info@lanarkshirecarerscentre.org.uk)

Address: Unit 1a Princes Gate, 60 Castle Street, Hamilton, ML3 6BU

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

## **Trauma Services**

### *Cedar (Children Experiencing Domestic Abuse) Network*

Voluntary programme offering support groups for children and mums who have experienced domestic abuse. Support available via telephone and "live chat" box on website. New referrals welcome (will be added to a list and offered telephone support until normal service resumes).

Opening hours: Website staffed Mon-Fri 9am-5pm and Tuesday and Thursday 7.30pm-9pm.

Telephone numbers: 0800 027 1234 (national 24hr helpline);

01355 249 897 (Cedar South Lanarkshire); 01698 891498 (local CEDAR office

number); 07594 141239 (Women's Coordinator Suzanne); 07596 730406 (Children & Young People's Coordinator Alison)

Email address: [cedar@wasler.org.uk](mailto:cedar@wasler.org.uk)

Address: Cedar Project, 115 Cadzow Street, Hamilton ML3 6HG  
[www.wasl.org.uk/children-young-people/cedar/](http://www.wasl.org.uk/children-young-people/cedar/)

## **Youth Services**

### *CLD- Youth Services*

Staff are continuing to engage people via social media platforms, phone contact, group chats and zoom. Activities include: Duke of Edinburgh Award group contact, Fitness workout, TikTok Challenges, Quizzes.

### Cambuslang Universal Connections

<https://www.facebook.com/CambuslangYFCL/>

### Carluke Universal Connections

Team are connecting with parents online to offer support and have access to Listening support for young people.

<https://www.facebook.com/Carluke-Universal-Connections-YFCL-115046233372073/>

### Douglas Universal Connections

Twitter: @Douglas\_UC\_YFCL

Instagram:

<https://www.facebook.com/douglasucyfcl/>

### East Kilbride Universal Connections

Daily schedule of social media activity via Facebook, Instagram and Twitter, from fitness, mindfulness to challenges. Weekly virtual group programme meeting on zoom including music and art classes and Duke of Edinburgh. Access by sending a message on FB or Instagram

Insta: @east\_kilbridge\_uc\_yfcl

<https://www.facebook.com/ekuniversalconnectionsatthekey/>

### Hamilton Universal Connections

<https://www.facebook.com/universalconnections/>

### Lanark Universal Connections

<https://www.facebook.com/lanarkuc13/>

### Larkhall Universal Connections

<https://www.facebook.com/larkhallucyfcl/>

### Rutherglen Universal Connections

Online still being run such as the M Factor for young people with additional support needs and Friday night “drop-in”. Able to accept new referrals from pupils at Rutherglen Highschool.

<https://www.facebook.com/rutherglen.uc/>

### Whitehill Universal Connections

<https://www.facebook.com/UCwhitehill/>

*Regen:FX Youth Trust*

This youth project usually runs the following groups: GoTo, Senior Street, Junior Street, Radworx and Hyper Cyber. Usually runs youth clubs in Springhall and Whitlawburn, Strutherhill & Birkenshaw and Burnhill. Groups continuing via groups calls, Facebook chat and Zoom. Parents are also being offered support.

Opening hours: 9am- 5pm

Telephone: 07394 435 438

<http://www.regenfxhub.org>

<https://www.facebook.com/regenfx/>

Twitter: @FxRegen

## Services Closed During COVID-19

Below is a list of services across Lanarkshire which are currently closed as a result of the coronavirus.

With the fast-changing nature of the virus, we are uncertain as to when these services will be back in operation, but we hope that they will be fully functioning, and able to provide the much needed and appreciated support to families again soon.

### *Adapt*

Telephone and Zoom support for existing clients for parenting support for traumatized or adopted children. No new referrals at this time.  
Referral process: Referral forms available online via website. Any enquiries are normally responded to within 1 day.

Telephone numbers: Karen - 07972145362

[www.adaptscotland.co.uk](http://www.adaptscotland.co.uk)

### *COVEY: befriending and mentoring in Lanarkshire*

Befriending and mentoring service which offers different groups such as ANGELS and ROCK groups and one-to-one befriending and mentoring to vulnerable young people.

Services available: Currently providing support to volunteers, families and young people via telephone, email and video. No new referrals at this time.

Telephone numbers: 01698 894 013 or 01555 673 447

Email address: [office@coveybefriending.org.uk](mailto:office@coveybefriending.org.uk)

<http://www.coveybefriending.org.uk/index.php>

### *CrossReach Bluebell Perinatal Service*

This service has temporarily suspended its service to limit the spread of COVID-19 virus. Staff are working remotely and will respond to e-mails.

For all administrative queries please contact: [bluebell@crossreach.org.uk](mailto:bluebell@crossreach.org.uk)

### *North Lanarkshire Befriending Project*

Befriending for young, vulnerable people in the local community.

Services available: Contact via telephone, email and video chat available to continue supporting current service users. Some volunteers and young people have even been getting creative and sending artwork to each other via email! Taking no new referrals at this time.

Telephone number: James - 01698 574 576 or 07823 413260

Email address: [James.Donnely@volunteeringmatters.org.uk](mailto:James.Donnely@volunteeringmatters.org.uk)

### *Pathway to Confidence*

Befriending service which aims to build supportive relationships for young people and their families, allowing confidence to grow, helping remove barriers they may

have and giving them support to achieve their true potential. Available for phone befriending and wellbeing checks. Still available for online/ call case reviews etc. for high tariff cases we are supporting. Building not open and staff working from home. No new referrals are being supported during COVID-19.

Opening Hours: Only operational if the person is known to the service already

Telephone numbers: 01698 894013

Email address: [mail@pathwaystoconfidence.org.uk](mailto:mail@pathwaystoconfidence.org.uk)

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

#### *Stress control classes.*

NHS Lanarkshire's Stress Control Classes are no longer being run. Clients are to be referred to Elament (see above) for online mental health and wellbeing information or telephone helplines if in need of immediate assistance.

#### *Seasons for Growth*

Provide groups for children and young people who have experienced loss.

Services available: The centre is not open

Telephone Numbers: 0141 339 2366

Email Address: [seasonsadmin@notredamecentre.org.uk](mailto:seasonsadmin@notredamecentre.org.uk)

Address: The Notre Dame Centre, Parkhouse Business Park, Kelvin House, 419, Balmore Road, Glasgow, G22 6NT.

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

#### *Sense-Ability Parent Workshop*

Occupational Health have suspended services in the community at this time. Can't find any information as to whether virtual services have been opened.

#### *Virtual Network North Lanarkshire, Autism Network*

Can't find any information about this network on their site/from google searches so assume it's not meeting at the moment.