



Support for Young People during Covid-19 Emergency

Here are a few key links that you might find useful:

<https://www.camdenrise.co.uk/newsandblogs/-/blogs/support-for-young-people-during-covid-19-emergency>

Camden Rise is Camden's website for young people where they can find information about things to do in Camden including advice and guidance on a range of topics.

It also includes support for young people during the COVID-19 emergency with information and links to advice and guidance.

It highlights 3 useful websites

1. Childline

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

Childline has created a webpage with information for children and young people about coronavirus. The page includes information about: what coronavirus is, where children and young people can find help if they are worried, coping if they are staying at home and what to do if they are feeling unwell.

2. Young Minds

Children and young people's mental health charity, Young Minds, has produced a blog "what to do if you're anxious about coronavirus": <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

3. Anna Freud Centre

The Anna Freud Centre's website has self care resources and ideas in their "On My Mind" section <https://www.annafreud.org/on-my-mind/self-care/>

Also

Kooth offers anonymous online support for young people www.kooth.com

Stop, Breathe and Think

Phone, tablet or web app to support mindfulness

<https://www.stopbreathethink.com/kids/>