

## **Mental health and emotional wellbeing for children and young people Information and resources to support schools during the Covid-19 pandemic**

The Coronavirus pandemic is affecting all of us in our personal and our working lives. People are having to live with uncertainty and worry, and face the possibility of personally distressing times ahead. Children, young people and their families may be feeling confused and upset, while school staff will of course be affected too.

This will undoubtedly impact on the vital role school staff and parent/ carers routinely play in supporting children and young people's wellbeing, not least by offering structure and routine. It is of course even more difficult for school staff to guide and support those pupils who are no longer attending schools whilst stringent social distancing is in place.

This letter is to let you know that Babcock LDP is working with Devon County Council to ensure that there continue to be clear systems in place for accessing additional help with teachers' and pupils' emotional wellbeing.

This includes access to online resources, to telephone support during term time and school holiday periods, and specific support following a critical incident.

The Babcock LDP website carries a growing range of recommended resources to support you with topics such as:

- How to explain the coronavirus to children, including those with special educational needs
- How to talk to children about serious illness
- How to support children and young people's mental health and emotional wellbeing during these exceptional times

<https://www.babcockldp.co.uk/campaigns/coronavirus-support-for-schools-parents-and-pupils>

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