

## Well-being resource list for parents/carers during lockdown

Resource	Produced By	Internet Link
Practical guidance to support own well being	NHS	<a href="https://www.nhs.uk/oneyou/every-mind-matters/">https://www.nhs.uk/oneyou/every-mind-matters/</a>
Supporting families during lockdown	NSPCC	<a href="https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-supportchildren-families-parents/">https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-supportchildren-families-parents/</a>
5 ways to manage parents well being	BBC	<a href="https://www.bbc.co.uk/bitesize/articles/zrmhscw">https://www.bbc.co.uk/bitesize/articles/zrmhscw</a>
Resources to help parent well being	BBC Bitesize	<a href="https://www.bbc.co.uk/bitesize/articles/zkyr47h">https://www.bbc.co.uk/bitesize/articles/zkyr47h</a>
Parent/carer self-help advice	Anna Freud Centre	<a href="https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/">https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/</a>
Top tips for parent/carer during lockdown	Anna Freud Centre	<a href="https://www.annafreud.org/coronavirus-support/support-for-parents-and-carers/">https://www.annafreud.org/coronavirus-support/support-for-parents-and-carers/</a>
Parent/Carer support for pupils with SEND	BBC	<a href="https://www.bbc.co.uk/bitesize/articles/zh9v382">https://www.bbc.co.uk/bitesize/articles/zh9v382</a>
Parent survival guide	Young minds	<a href="https://youngminds.org.uk/find-help/for-parents/parents-survival-guide">https://youngminds.org.uk/find-help/for-parents/parents-survival-guide</a>