Hello Everyone,

Hope you are all keeping safe and well. I’ve added a few more website for you to look at should you feel the need. They have been updated recently and there is some good supportive information on there. Please feel free to access it and use some of the information.

Jean Dobson

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

[NHS guidance about coronavirus and staying at home, in English](https://www.nhs.uk/conditions/coronavirus-covid-19/).

<https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

<https://www.childrenscommissioner.gov.uk/2020/04/03/angry-fed-up-isolated-coronavirus-and-childrens-mental-health/>

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