

## **SEND resources to support COVID-19 concerns**

Some resources that may be helpful for parent carers of children and young people with SEND or children and young people themselves.

**National Autistic Society**- guidance and helpline for parents', young people and staff

[https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)

**Mencap** - Easy Read guide to Coronavirus

<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>

**Place2Be** – Guide to helping parents answer questions from their children and to support family wellbeing

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

**Young Minds** - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing

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

**Carers UK** - Guidance for carers

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

**Covibook** – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic <https://www.mindheart.co/descargables>

**Amaze** - information pack for parents

<https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>

**BPS guidance**

<https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>

**BACP guidance around managing anxiety**

<https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/>

**Liverpool CAMHS resource**

<https://wakelet.com/wake/564d7bc8-4bc9-462f-a9e1-2deb03150c3>