

Some useful links on the topic of well-being and mental health during isolation for CYP, parents and carers.

This is not an exhaustive list but contains some key sites for information, ideas and pointers.

[Click here](#) to find advice for parents and carers of CYP – supporting young people’s mental health during periods of disruption.

[This page](#) contains information on self-care and much of this was developed alongside young people and their families. Click on the various icons for ideas.

[This document](#) explains how the Anna Freud Centre’s alternative provision is approaching their work with vulnerable CYP during the Covid-19 lockdown. It contains some ideas and points of use to both professionals and families. (Unfortunately the links to Islington CAMHS advice pages do not appear to work without log-in.)

[Click here](#) for government guidance and advice on supporting CYP mental health and well-being for parents and carers.

Scroll down [the Hampshire CAMHS page](#) for advice and ‘top tips’ with lots of links to resources, videos etc to access for ideas and support for mental health and well-being.

[Click here](#) for ideas and resources from the charity Young Minds.

[This page](#) is not coronavirus specific but may be useful reminders for parents and carers.

[This page](#) links to a variety of resources and blogs of use to CYP and their parents and carers.

[Click here](#) for simple ideas to support well-being during isolation.