

Signposts to emotional wellbeing and resilience resources for children and young people

List curated by Wokingham Borough Council, Public Health Team

Local Resources

Supporting your wellbeing – #Coping guides for children, young people and families

Coronavirus (COVID-19) has caused major disruptions to family life. Looking after our mental health is just as important as taking care of our physical health. To support the wellbeing of children and young people, three concise guides for parents and carers and for children and young people themselves have been created. The guides list some of the best reliable and free sources of information and advice to help children and young people and their families to cope with life.

[#Coping – Five ways to wellbeing - Primary](#)

[#Coping – Five ways to wellbeing - Secondary](#)

[#Coping – Young people’s guide](#)

National Resources

Looking after your wellbeing – for young people

Information for young people on understanding mental wellbeing and how to look after it
<https://www.mind.org.uk/information-support/for-children-and-young-people/looking-after-your-wellbeing/>

Looking after yourself – young minds

There are things we do every day that impact our mental health. Read our tips and advice on how you can look after yourself.

<https://youngminds.org.uk/find-help/looking-after-yourself/>

Self-care is about the things we can do to look after our own mental health

“We’re sharing these strategies with you to help you to manage your wellbeing. It’s up to you to decide what helps. If it works, keep doing it. If it doesn’t, stop and try something else.”

<https://www.annafreud.org/on-my-mind/self-care/>

Childline – Calm Zone

There are lots of ways to feel calmer. It's about finding what works for you. Try some of our breathing exercises, activities, games and videos to help let go of stress.

<https://www.childline.org.uk/toolbox/calm-zone/>

Decide what you need to feel better

When you’re not feeling great about something, or someone, or about yourself, here are some things you can do to feel a bit better.

<https://whentheensiongoes.com/#howto>

ThinkNinja – App

Empowering children and young people to build resilience, manage their emotional health and to fulfil their potential. ThinkNinja has been updated with specific COVID-19 content. DURING THE CORONAVIRUS, ThinkNinja IS FREELY AVAILABLE TO ALL.

<https://www.healios.org.uk/services/thinkninja1>