# RCT Wellbeing Pack 2

## Information about coronavirus for parents, carers and professionals

The Educational Psychology Service in RCT and Merthyr Tydfil know how worrying and difficult this time is for us all.

That is why we want to provide you with helpful information, advice and guidance to support people's psychological wellbeing.

In this pack we have put together some of the best information we could find to help parents, carers and professionals to support your own mental health and wellbeing and that of the young people you are supporting during this challenging time.

## UK Government Information

In the first instance, the UK Government Covid-19 pages are frequently and rapidly updated with advice and guidance in line with advice from Public Health England. There is specific guidance for educational settings and guidance for employers, employees and businesses.

## World Health Organisation: Covid 19 and Mental Health

The WHO has recently published considerations to support mental health and wellbeing during the Coronavirus outbreak. This guidance has specific recommendations for health care workers, caretakers of children, caretakers of older adults and people in isolation

## Division of Educational and Child Psychology (DECP) advice

Earlier this week the DECP released advice on talking to children about coronavirus. There are five simple tips focusing on honesty, openness and validating children's emotions.

## National Association of School Psychologists (NASP)

The NASP is a professional body for school psychologists in the USA. They have released a parent guide for talking to children about coronavirus. It's lengthy, but comprehensive.

## British Psychological Society (BPS)

The BPS has published a support and advice document for parents and school staff in response to the Coronavirus and School Closures. It also has a great guide for Talking to Children about Coronavirus.

## Mind

Mind has an excellent page providing generic advice for everyone about maintaining wellbeing. The page has two distinct sections:

1. Plan for staying at home or indoors
2. Taking care of our mental health and wellbeing

## The Psychologist Magazine

With an increase in home working and social isolation meaning no travel times, you might have more time on your hands. The Psychologist has compiled contributions that provide a psychological perspective on coronavirus. The page is updated regularly

## Somerset Educational Psychology Service

Somerset EPS has also compiled a number of resources to support talking to children and young people. Of note is their list of books that can help children draw, talk, understand and manage their emotions during these uncertain times.

## Southend Educational Psychology Service

Southend EPS, similar to Somerset, have compiled a number of resources to help children, young people, parents/carers and professionals. Of particular note on the Southend EPS webpages is the extensive list of learning, arts and crafts activities for children should they need to be at home.

# Wellbeing Challenge

The following challenges may help support the psychological wellbeing of you and your family at this time. Give them a go and see…

1. Sing a song at the top of your voice
2. Choose a new skill to learn
3. Write a card to a friend telling them 3 things you like about them.
4. Write down who is your hero and why
5. Practice a new skill for 15 minutes