From health and wellbeing, to activities for children and general information - we have put together a list of resources that you may find helpful or of interest during lockdown.

<https://www.elsa-support.co.uk/category/free-resources/>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

<https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm>

<https://royalfoundation.com/>

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

<https://www.actionforhappiness.org/>

<https://111.nhs.uk/> - Talk to a trained nurse for help and support 24 hours a day, 7 days a week. Call 111

<https://www.samaritans.org/how-we-can-help/contact-samaritan/> - Confidential crisis support helpline 365 days of the year, 24 hours a day. Call 116 123

<https://www.nationaldahelpline.org.uk/> - 24hr National Domestic Abuse Helpline. Call 0808 2000 247

<https://cosmickids.com/> - Yoga and mindfulness for kids

<https://www.nspcc.org.uk/>

<https://www.cruse.org.uk/> - Bereavement Helpline