

## Mental Health and Wellbeing for Families

- [PHE's guidance](#) on supporting children and young people's mental health and wellbeing
- [Every Mind Matters](#) includes an online tool and email journey which aims to support everyone to feel more confident in taking action to look after their mental health and wellbeing. It also includes a section for parents and carers on looking after children and young people during the outbreak.
- NHS England has published [advice](#) for children and young people who may be feeling overwhelmed, and [advice for parents, guardians and carers](#) on how to help and support a child or young person with mental ill health.
- The [British Psychological Society's advice](#) for parents and carers on dealing with school closures and talking to children about COVID-19.
- The Government's [online educational resources](#) for home education with a section on mental wellbeing.
- Virtual [Oak National Academy](#) for reception – Year 10 pupils, which offers daily online lessons, a weekly assembly with a pastoral focus and extra-curricular activities to help families maintain a routine at home (intended to complement, not replace, existing schools' online learning offers).
- BBC Education [online learning content](#), for reception to Year 10 pupils, to support home learning, with weekly wellbeing tips provided via their social media pages.
- The [Starline](#) parent helpline for home learning.