

Supporting Children and Young People's mental wellbeing – Covid-19

This document is intended to signpost schools and settings to resources which help support children and young people's mental wellbeing during Covid-19 and on their return to schools and settings.

For schools and settings in Cheshire East footprint:

You can continue to access consultation and training from the Emotionally Healthy Children and Young People's service: [Consultation](#) and [Visyon training](#)

Useful Resources



Short free training course from Pooky Nightsmith aimed at schools to support the transition back to school post Covid-19.

YOUNGMINDS

Resources for young people, parents and professionals. "Tips, advice and guidance on where you can get support for your mental health during the coronavirus (COVID-19) pandemic".



Lots of resources and tips in response to Covid-19 including this helpful booklet ["Supporting schools & colleges: A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption"](#)



"Guidance and practical tools to support children's mental health during the coronavirus crisis." The site contains lots of helpful information in the form of toolkits and also include SEND and LGBTQ+ information.

New 24/7 [mental health helpline](#) is open to people of all ages who require urgent support and are residents of Cheshire West, Cheshire East and Wirral: 0300 303 3972