

USEFUL RESOURCES

This list of resources has been compiled to provide support, information and learning materials in order to assist students.

TOPIC	LINK	RESOURCE
Young Persons Mental Health Toolkit	https://hwb.gov.wales/repository/discovery/resource/e53adf44-76cb-4635-b6c2-62116bb63a9a/en?sort=recent&strict=1	Hwb
Strategies for promoting resilience and well-being	https://padlet.com/uswscl/Wellbeingforeveryone	Widening Participation Team at the University of South Wales
Teenage mental health – How to protect teenagers mental health during coronavirus	https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19	UNICEF website
Wellbeing during Coronavirus	https://www.nhs.uk/.../coronavirus-covid-19-staying-at-home-.../	NHS
Mental Health	https://www.camhs-resources.co.uk/?fbclid=IwAR0IEO2aCgW_frGwMMFN8OFgXDjDtkqDm_SOSUxsN8gC14rQhEq7NtidYrg	CAHMS website
Coping with anxiety during the pandemic	https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/	Young Minds Web Site
How to protect your mental health whilst self-isolating	https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/	Young Minds website
Staying Safe during Coronavirus	https://gov.wales/live-fear-free/staying-safe-during-coronavirus-emergency?fbclid=IwAR1Zrufr3LEJa0bj8QGri02nxRL3W5kOLOFRW2UUe2UAdN80MDLPnpzkd6A	Carers UK
Anxiety Advice	http://www.anxietyuk.org.uk/coronanxiety-support-resources/	Anxiety UK
Coronavirus tools for children and young people	http://www.socialworkerstoolbox.com/covid-19-coronavirus-resources-parents-carers/	The social worker toolbox
Information for parents with disabled children	https://contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children/	Contact Website
Drugs and Alcohol advice (National)	https://www.talktofrank.com	Talk to Frank Website

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Drugs and Alcohol advice (Local)	https://barod.cymru/where-to-get-help/service-2/gwent-n-gage/	Gwent Barod Website
Coronavirus: helpful information to answer questions from children	https://www.place2be.org.uk/.../coronavirus-information-for-.../	Place 2 Be Website
Coronavirus information hub for children	https://www.childcomwales.org.uk/coronavirus/	Children's commissioner in Wales Web site
Prevent Covid-19	https://www.virtual-college.co.uk/courses/prevent-covid-19-free-training	Virtual college free e-learning
Child Sexual Abuse Campaign	https://www.stopitnow.org.uk/wales/its-time-we-talked-about-it/	Stop It Now website
Personal Care	https://www.youtube.com/watch?v=-gnpx3mvN7k&feature=youtu.be	Caerphilly/BG Youtube
Talking to your child about Coronavirus	https://youngminds.org.uk/.../talking-to-your-child-about-co.../	Young Minds Website
How to Wash your hands	https://www.virtual-college.co.uk/resources/2020/03/how-to-wash-your-hands	Virtual college free eLearning
Get moving get healthy	https://www.virtual-college.co.uk/resources/free-courses	Virtual college free eLearning
Coronavirus information page	https://gov.wales/coronavirus	Welsh Government
Support for victims of domestic abuse	https://gov.wales/support-victims-domestic-abuse	Welsh Government
How to volunteer	https://gov.wales/safe-help/volunteering	Welsh Government
Coronavirus health advice for people with asthma	https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/	Asthma.org.uk
Coronavirus resources for people with learning disabilities	http://www.learningdisabilityengland.org.uk/wp-content/uploads/2020/04/LD-Senate-Coronavirus-resources-for-use-with-people-with-learning-disabilities-27.3.2020.pdf	Learning Disability England