

## **Resources to support the Emotional Wellbeing and Mental Health of School Communities**

During these unprecedented times, it is more important than ever to focus on your wellbeing.

Here are some links that may support you:



<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>



**Every Mind Matters** has now released expert advice and top tips on how to look after your mental wellbeing if you need to stay at home during the coronavirus (COVID-19) outbreak. It also includes guidance if you're feeling worried or anxious about the outbreak.

Please visit: [www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)



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



**TES Resources:**

<https://www.tes.com/news/coronavirus-7-way-protect-your-mental-health>

<https://www.tes.com/coronavirus>