

# Responding to COVID-19

Lots of organisations have shared some very useful information and resources on COVID and coping. We would like to highlight a few that we found especially helpful.

## General information you might find helpful for managing worry related to COVID-19:

- [Living with worry](#)
- Partners in Health provide [10 mental health tips](#) from those who have lived through a pandemic. Some helpful practical ideas on how to survive isolation.
- Citizens Advice Scotland has created a [section on their website](#) with lots of useful information for employees who have been impacted by coronavirus, which covers everything from bills to benefits.

## Information to support Parents and Families:

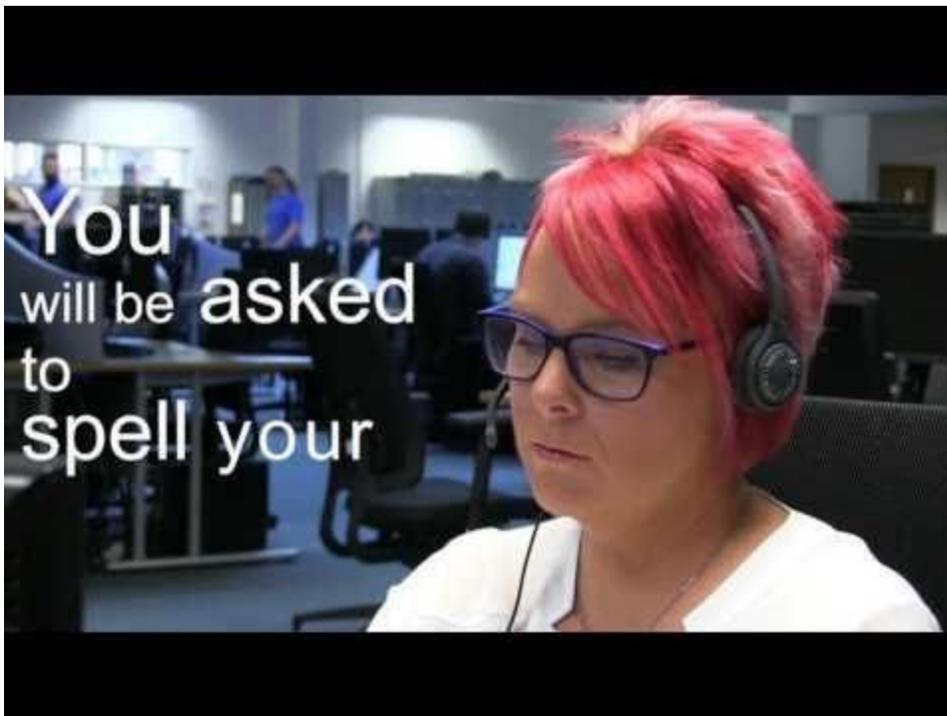
- British Psychological Society [Talking to Children](#) about illness – COVID 19.
- Sheffield Children Hospital [Resources for families and children and young people](#).
- WHO [Healthy Parenting Advice](#).
- Specifically for parents of [children with ASD](#).
- [Advice](#) for parents, carers and people that work with children and young people about COVID-19.

## Information geared for children and young people:

- Young Scot has some [simple steps](#) you can take to avoid getting the virus and potentially spreading it
- Youngminds provides [useful advice](#) on about what you can do if you are feeling anxious and worried, and how you can support others in your community.

- Children's Commissioner's [Guide](#) to COVID-19
- [Helpful little book](#) for children under 7years.
- Advice on the [Childline site](#).
- 5 ways to help teens manage anxiety about the Coronavirus ([New York Times: article](#)).
- The [Hand Washing Rap](#), a fun video produced by the Purple All Stars demonstrating good handwashing.

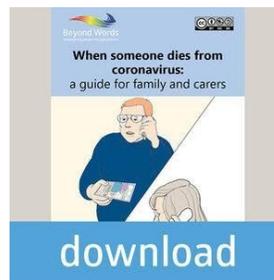
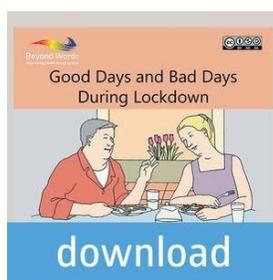
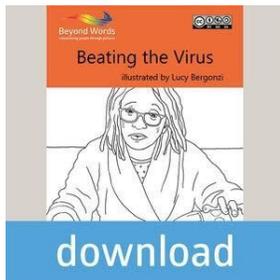
### Information for people with learning disabilities



NHS England has produced a video to help people with a learning disability, autism or both, to use the NHS 111 service

- [Hand Washing Tips](#) for People With Sensory Difficulties.
- Inclusion North has produced an easy read leaflet, along with an audio copy. Both can be accessed via their [website](#).
- Photosymbols have created some useful [posters](#).

- [Learning Disability England](#) has dedicated a space on their website to sharing information and resources about the virus and what you can do to stay safe and well, and how people are staying connected and finding solutions.
- Mencap has produced an easy read leaflet, available to [download](#).
- Booksbeyondwords have produced three useful free booklets.



#### Resources for key workers:

- Intensive Care Society [Staff Poster](#).
- NES Psychological Distress and Coronavirus: [Advice for Professionals Providing Support to People in Self-Isolation](#).
- NES: Staying Safe and Well Staying Safe & Well: A Self Care Guide for Staff [looking after patients with Coronavirus](#).
- Sheffield Children's NHS Foundation Trust have produced a [helpful poster](#) identifying common emotional, cognitive, physical and behavioural responses of NHS staff who are dealing with the challenges of COVID 19 and suggests some practical coping strategies.
- NES: [Psychological First Aid](#).