

Resources for Families

We appreciate that this is an incredibly difficult time for you and your child and you may have questions about how to support them at home with adjustment, anxiety, worries and how to stay connected. We have therefore compiled a list of web-based resources, apps and organisations that might be helpful to you now or in the future. For more detailed access to sources of support please take a look at our Brain Injury Hub, which provides a wealth of information for young people and their families.

Resources to explain coronavirus

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

<https://www.makaton.org/Assets/Store/FreeResources/Coronavirus-social-story.pdf>

<https://m.youtube.com/watch?feature=youtu.be&v=xq8ZBn-7oKo>

<https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html>

<https://www.autismbedfordshire.net/wp-content/uploads/2020/03/AB-Social-story-Why-am-I-not-at-school.pdf>

<https://www.youtube.com/watch?v=5N2JL1G2mzk&feature=youtu.be> Hand washing Makaton

<https://vimeo.com/134952598> Hand washing rap

<https://www.mindheart.co/descargables> This resource is available in 18 different languages

Talking to young people:

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/> Top tips for talking to young people

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf>

Other resources for young people's wellbeing:

<https://www.childline.org.uk/toolbox/calm-zone/>

<https://www.calibreaudio.org.uk/> Audio books for young people who find it difficult to access print

<https://www.signedstories.com/>

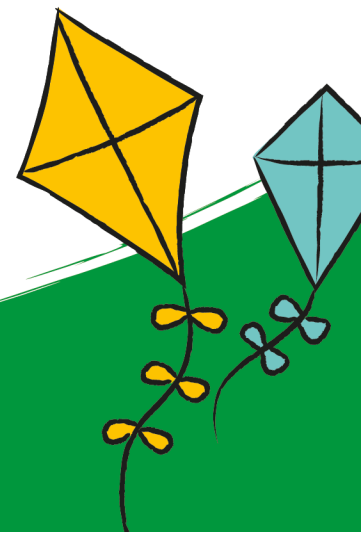
<https://contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children/> A range of links shared from their website – great to have up your sleeve and lots of signposting to different resources/activities to enjoy when shielding

MIND

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

www.mind.org.uk



CBT Get self help

This site provides lots of online resources to help manage different feelings. There are some great relaxation and mindfulness exercises available.

www.getselfhelp.co.uk

APPS that can be downloaded to help with anxiety and mood. These also provide relaxation and meditation exercises.

- Calm
- Headspace
- Rootd - to help panic, anxiety and mood
- Stop Panic and Anxiety Self Help
- Colorfy - focused meditation
- Stress and Anxiety Companion

Support for parents/carers:

The Samaritans 116 123 Available: 24 hours a day

You can get in touch about anything that's troubling you, no matter how large or small the issue.

Sane Helpline 0300 304 7000 Available: 4.30pm-10.30pm every evening

SANE provides emotional support and information to anyone affected by mental illness, including families, friends and carers. The mental health support services are confidential providing non-judgemental emotional support. Professional staff and trained volunteers have specialist mental health knowledge and can help you consider options for support.

ABI Resources:

Neuroscience for Kids

Excellent site about the basics of the functioning of the brain – not just for Kids! Very helpful for Adults too!

<http://faculty.washington.edu/chudler/neurok.html>

How the brain works in small digestible steps: 'Sam's Brainy Adventure'

<http://faculty.washington.edu/chudler/flash/comic.html>

<https://www.braininjuryhub.co.uk/> A range of resources, with rehabilitation at home blogs to be posted in the coming weeks

<https://childbraininjurytrust.org.uk/>

