

• COVID-19 •

WELLBEING PACKS

We are living in very uncertain times and this can have an impact on everyone's wellbeing. The Mental Health Support Team have developed these packs to help support children and young people, and their carers at this difficult time. We have wellbeing packs on the following topics that are freely available.



PRIMARY

Low Mood
General Anxiety
Health Anxiety
Loneliness
OCD
Autism



PARENTS

Autism
Anxiety
Low Mood
Self Care
OCD
Self Harm
Talking about coronavirus
Autism and Anxiety



SECONDARY

Low Mood
General Anxiety
Health Anxiety
Isolation
OCD
Autism

TEACHERS

Self Care
Supporting Children

If you would like to access these resources they will be available on the GHLL website soon, or if you would like to access these resources now please contact the CAMHS Practitioner Advice Line: 01452 894272

