



## Wellbeing: Mental health support services supporting families during Coronavirus

This Wellbeing update focusses on some resources and professional help which may support you and your families during this challenging time.



<https://tavistockandportman.nhs.uk/>

The Tavistock and Portman NHS Foundation Trust have created two videos to support parents of children and young people during the pandemic. These are short but with good advice and are presented by child psychotherapist Laverne Antrobus. The content was brought together as a result of questions from parents.

**Video 1: Connecting well.** Even with the best intentions, parenting can be testing at times. COVID-19 has added an extra layer of complexity that hasn't been easy to navigate. Child psychotherapist Laverne Antrobus answers parents' question and others, including:

- As a parent, how do you get "me" time during lockdown?
- Has your kids' sibling rivalry taken on serious tones during lockdown?
- How do you support an outgoing / sociable child during this period of isolation?

**View here:** <https://www.youtube.com/watch?v=oAErylkWAdE>

### Video 2: Coping well

- Parents, how are you coping under social isolation measures? If you're like most, you're encountering new parenting challenges, sometimes on a daily basis
- This video offers support for parents through the tricky bits: finding routine, managing screen time and getting good rest during lockdown
- COVID has brought death a closer reality for many of us. As a parent, how do you support your child through the grief?

**View here:** <https://www.youtube.com/watch?v=a3noMthXrfM>

### Thriving plus: resources for helping families at home

The THRIVE Framework thinks about the mental health and wellbeing needs of children, young people and families in terms of five different needs based groupings. The groupings help organise the different options that are available depending on what you feel would be most helpful at this moment in time.

For further information visit:

<https://tavistockandportman.nhs.uk/covid-19/thriving-plus-resources-helping-families-home/>



### Supporting families

This charity provides core family support services but also work in many different areas and offering tailored support around issues such as bullying, special educational needs, and support for specific communities. They are one of the first organisations to be awarded a new HSSF quality mark for their work in helping support separated families. This will help parents access a range of support to help them during this challenging time. For more information visit: [www.familylives.org.uk](http://www.familylives.org.uk) or phone their helpline: 0808 800 2222

### Winston's Wish

The charity provides information, advice and guidance on supporting bereaved children and young people during the coronavirus outbreak.

For more information visit: <https://www.winstonswish.org/>



**More information?** If you have any concerns about your child's emotional wellbeing, please don't hesitate to contact Lorraine Watkins, our school ELSA (Emotional Literacy Support Assistant), at [wellbeing@emmanuel.camden.sch.uk](mailto:wellbeing@emmanuel.camden.sch.uk).