

### Help for parents:

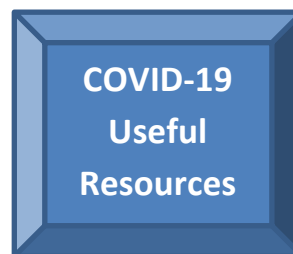
- How parents should explain Coronavirus to their children: <https://www.bbc.co.uk/news/uk-51734855>
- Just for kids: A Comic Exploring The New Coronavirus: <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1586166337291>
- Amaze – Info pack for parents (FAQ's about COVID-19 for parents/carers of children with SEND in Brighton & Hove but useful nationally): <https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>
- Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: <https://www.mindheart.co/descargables>
- Young Minds – Talking to your child about COVID-19 and 10 tips to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
- The Department of Education have setup a dedicated helpline to answer questions about COVID-19 related to education. Staff, parents and young people can contact the helpline as follows: 0800 046 8687/ [DfE.coronavirushelpline@education.gov.uk](mailto:DfE.coronavirushelpline@education.gov.uk)

### Resources for Deaf People/ People with LD:

- COVID-19 updates (ensuring information is available in British Sign Language (BSL) – Updated Daily): <https://signhealth.org.uk/resources/coronavirus/>
- COVID-19 information available in alternative formats (e.g. BSL/Easy Read etc): <https://gloshospitals-nhs.libguides.com/welcome/covidaltformats>
- Guidelines for supporting people with additional needs during COVID-19 closures: <http://www.cheeverstown.ie/wp-content/uploads/Supporting-people-with-additional-needs-during-Covid-19-closures-Final-2.pdf>

### Further Resources Available on Request:

- Self-Isolation Survival Guide by Think 4 Brum (abridged copy also available for BC Inpatients)



### Support for families with disabled children/children who have long term conditions

- CONTACT – Support families with guidance and information, including support with benefits/education/ accessing services or a listening ear – 0808 808 3555 / [emma.weatherdon@contact.org.uk](mailto:emma.weatherdon@contact.org.uk) / <https://contact.org.uk/>

### Domestic Abuse Support:

- Birmingham & Solihull Women's Aid 0808 800 0028 / [www.bswaid.org](http://www.bswaid.org)
- Black Country Women's Aid 0121 553 0090 (Sandwell) / 01922 649 569 (Walsall) / [www.blackcountrywomensaid.co.uk](http://www.blackcountrywomensaid.co.uk)
- The Haven Wolverhampton 08000 194 400
- St Georges Hub for Male Victims 01902421904
- Men's Advice Line 0808 801 0327 / 0300 303 1977 (Victim Support) / <https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/west-midlands/west-midlands>
- National Domestic Abuse Helpline 0808 2000 247 (24hr) / <https://www.nationaldahelpline.org.uk>

### Mental Health & Wellbeing Support:

- CWP Mental Health & Wellbeing Resource pack – Available on request
- Birmingham Mind: 0121 262 3555 / [help@birminghammind.org](mailto:help@birminghammind.org) (9am-11pm 7 days a week)
- Birmingham & Solihull CCG – Mental Health support for patients of all ages and key workers: <https://www.birminghamandsolihullccg.nhs.uk/your-health/mental-health-support-offer>
- Mental Health Foundation: Looking after your Mental Health during the COVID-19 outbreak: <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>
- Alzheimer's Society – Support for people affected by Dementia: <https://www.bvsc.org/news/alzheimer%E2%80%99s-society-local-services-update>