

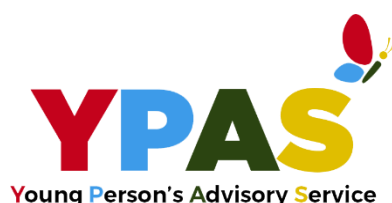
Looking after our Mental Health



Liverpool CAHMS – Whole School Approach to Mental Health

<https://wakelet.com/wake/564d7bc8-4bc9-462f-a9e1-2deb03150c3f>

As part of the Liverpool Whole School Approach to Mental Health, we've put together a collection of resources that will help you to support children and young people during social distancing. We have only provided links to sources we think are appropriate and suitable but we do recommend parents/carers check any resource is suitable for their child before leaving them alone with it.



Young Persons Advisory Service (YPAS)

<https://ypas.org.uk/coronavirus-and-your-wellbeing/>

Coronavirus and Your Wellbeing – resources and useful links



THE CHURCH
OF ENGLAND

New Mental Health Reflections published by the Church of England

<https://www.churchofengland.org/more/media-centre/news/new-mental-health-reflections-published-church-england>

A series of reflections on how to cope with anxiety and loneliness in the face of the coronavirus pandemic, including simple Christian meditation techniques and five tips, are published today by the Church of England.

YoungMinds

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

We're leading the fight for a future where all young minds are supported and empowered, whatever the challenges.

We will make sure all young people get the best possible mental health support and have the resilience to overcome life's challenges.





Headspace

<https://www.headspace.com/work/covid-19>

Headspace is offering a collection of guided meditations and exercises (including brand-new recordings) available for **free to all**