

Helpful information for families and children during COVID-19

During this time it is understandable that many children, young people and adults are anxious about the virus and how it could impact them. In this pack are some resources that can support during this difficult time.

Although your child does not have a diagnosis of Autism Spectrum Disorder the information within this pack may be of some help.

You and your child may understandably be concerned or worried by what they see, read or hear in the news, online or at school regarding coronavirus (covid-19). As a parent or carer, it's good to talk to them honestly but calmly about what is happening, and to not ignore or shield them from what is going on in the world. Children look to adults in their life for comfort when they are distressed, and will take a lead on how to view things from you. Remember, you don't have to have all the answers, but it is better to have a gentle conversation to reassure your child that they can talk to you so they don't feel like they're on their own.

Crisis contingency and resource list.

Useful websites:

<https://www.getselfhelp.co.uk/>
<https://www.actionforchildren.org.uk/>
<https://bullying.co.uk/>
<https://www.beateatingdisorders.org.uk/>
<http://www.voicecollective.co.uk/>
<http://www.youngminds.org.uk/>

Text/Messenger services:

Text YM to 85258 (Young Minds Crisis service)
www.kooth.com
Papyrus – 07786209697

National helplines:

Childline – 0800 1111
NSPCC – 0808 8025544
Samaritans – 116 123
Young Minds Parentline – 0808 802 5544
Papyrus – Call 0800 068 4141
No Panic – 0330 606 1174

Tools and resources for young people:

Heathy Minds App

InHand App
Mindshift App
Mood Panda app
Stop, Breathe and Think App
Calm Harm app
Clear Fear App
Headspace App

Ideas for families/Parents to encourage:

- Exercise (walking/gym/classes/cycling etc.)
- Activities together (cooking/board games/card games/arts and crafts etc.)
- Relaxation (Meditation/guided relaxation (online resources)/warm bath/shower/hot drinks)
- Self-soothing
- Offer 1:1 time (Either engaging in activities together/offering time to talk/watching a TV show together or finding a new shared interest).



Daisy Chain is a unique charity that was founded in 2003 to provide a haven for families affected by autism in the Tees Valley.

<https://www.daisychainproject.co.uk/telephone-support-service-covid-19>

All members of the family support team are still working hard from home to offer support to families and professionals during this challenging time.

The family support service offers support to young people aged 0-18 years and families of those affected by a neurodevelopmental condition including, autism spectrum disorder, attention deficit hyperactivity disorder, sensory processing differences. The service is open to those pre, during and post diagnosis.