

Useful information

Walsall Council: https://go.walsall.gov.uk/covid-19_information

Making connections: COVID-19communityhelp@walsall.gov.uk or call 0121 380 6690

Useful numbers

Walsall School nursing service parent text line: 07520 634 909

Walsall School nursing service Young Person text line: 07480 635 363 (11-19)

Parenting

Online parenting workshops, free online support for children of all ages:

<http://www.mywalsall.org/walsallearlyhelp/online-parenting/>

Additional resources/support for children and young people

YoungMinds: Supporting children and young people and their parents/carers with their mental health and wellbeing. Specific advice on managing self-isolation and anxiety about coronavirus. <https://youngminds.org.uk>

NSPCC helpline: 0808 800 5000 If you're worried about a child, even if you're unsure, contact NSPCC professional counsellors for help, advice and support.

The NSPCC has created a new webpage with information and advice for parents or carers who are worried a child or young person may be struggling with their mental health or has anxiety about Coronavirus. The webpage includes information on: talking about feelings and worries; keeping in touch and balancing screen time; ways to create structure and routine; and helping to give children a sense of control. <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

Childline 0800 1111: Offers free, confidential advice and support for any child 18 years or under, whatever the worry.

Bereavement support

Winston's Wish: 08088 020 021 (Freephone)

Grief Encounter: 0808 802 0111 (Freephone); griefftalk@griefencounter.org.uk

Supporting online safety

To help parents and carers during COVID-19, thinkuknow have released activity packs with simple 15 minute activities you can do with your child to support their online safety at home.

View further information and advice on keeping your child safe online during the COVID-19 pandemic at <https://www.thinkuknow.co.uk/parents/>