**Useful websites for resources and information**

<https://www.bbc.co.uk/newsround/52220701>

<https://www.autism.org.uk/services/helplines/coronavirus/resources.aspx>

**Dealing with Anxiety:**

<https://www.autistica.org.uk/what-is-autism/coping-with-uncertainty>

<https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/>

<https://www.autism.org.uk/about/behaviour/anxiety.aspx>

**Mental Health:**

<https://www.autism.org.uk/about/health/mental-health.aspx>

**Structuring your day during the isolation period:**

[https://youtu.be/dXPtqmHKNoE](https://urldefense.proofpoint.com/v2/url?u=https-3A__youtu.be_dXPtqmHKNoE&d=DwMGaQ&c=OMjwGp47Ad5otWI0__lpOg&r=anwBc0hww1z9HnBBdD57sJwjtIxlappQwyc3w1rJxZ8&m=YGZW9LW_LED8GCMig56HBAhbyr09iZlKwX3hGnwOtXU&s=b0vzLGIByn_Oo--mLTPIxDBEOL1LCksaAPIjng2qkXI&e=)

**A Parent’s Guide:**

<https://www.acamh.org/podcasts/cornavirus-autism-a-parents-guide/>