

COVID-19 Resources

For Parents, Carers, Children and Young People



SCAAND

Service for **C**omplex **A**utism & **A**ssociated
Neurodevelopmental **D**isorders

Contents

We hope this finds you well in this difficult time. The large amount of resources providing support during the COVID-19 pandemic can be daunting, this document therefore aims to provide a collection of helpful ones in support of parents and carers of neurodiverse young people. The resources used are widely available resources on COVID-19, which are each attributed to the original source.

- SCAAND



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*To open documents and web links,
please click on the title of the resources provided.*

For Young People: Explaining Coronavirus

Easy Read on Coronavirus:

- [Advice About the Coronavirus](#) – *Easy Read Online*

Social Stories for Children:

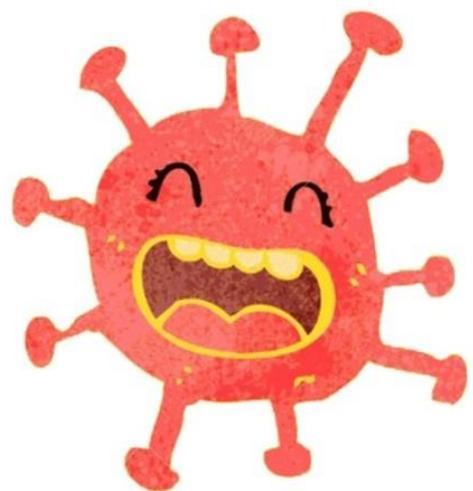
- [My Name is Coronavirus \(in Multiple Languages\)](#) – *Mindheart*
- [Dave the Dog is Worried About Coronavirus](#) - *Nurse Dotty Books*
- [What is the Coronavirus?](#) - *The Autism Educator*
- [My Story About Pandemics and the Coronavirus](#) – *Carol Gray*

Book:

- [Coronavirus: A Book for Children](#) – *Nosy Crow*

Video:

- [ROBert Explains the Coronavirus to Children](#) – *PLAYMOBIL*



For Parents, Carers and Families

Advice and Top Tips:

- [Tips for Autistic People and Families](#) – *National Autistic Society*
- [Supporting Children and Young People with Worries About COVID-19](#) – *Emerging Minds*

Web Links:

- [Psychology Resources to Support Families in the Context of Coronavirus](#) - *Padlet*
- [Talking to Your Child About Coronavirus](#) – *Young Minds*
- [Coronavirus Guidance](#) – *Carers UK*



Neurodiversity-Friendly Resources

Documents:

- [Resources for Parents or Carers of Children with Additional Needs During the COVID-19 Outbreak](#) – *Swansea Bay University Health Board, NHS Wales*
- [Challenging Behaviour – Supporting Your Loved One at Home](#) – *Challenging Behaviour Foundation*
- [Learning Disabilities, Autism, and Internet Safety](#) – *Cerebra*
- [Supporting Children with Learning Disability / ASD: Coping With COVID-19 Isolation](#) – *Community Child Health, Cardiff and Vale University Health Board, NHS Wales*
- [Support for Families / Carers of People with Learning Disabilities](#) – *Learning Disability Professional Senate*
- [Supporting Children and Adults with Severe Learning Disabilities at Home During the Coronavirus Pandemic](#) – *The Challenging Behaviour Foundation*

Video:

- [Supporting Neurodiverse Children In Challenging Times Such As During Self-Isolation](#) – *East London NHS Foundation Trust*

Podcast:

- ['Coronavirus, and Helping Children with Autism' - A Parents Guide](#) - *The Association for Child & Adolescent Mental Health*



Neurodiversity-Friendly Resources (Continued)

Web Links:



- [Corona Virus, Everything You Need to Know](#) - *National Autistic Society*
- [Coronavirus: Resources for People with a Learning Disability](#) – *Learning Disability Wales*
- [How to Explain Coronavirus to a Child With ADHD](#) – *ADDitude Magazine*

Tool Kits:

- [Resources to Use with People with Learning Disabilities Through the Coronavirus Restrictions](#) – *Learning Disability Professional Senate*
- [School Closure Toolkit](#) – *Easterseals Illinois Autism Partnership*

Education

- [FAQs About the Coronavirus for Parents and Carers \(Including EHCP Information\)](#) – *Amaze*
- [Education and Development](#) – *South London and Maudsley NHS Foundation Trust*



Coping with Anxiety and Stress

- [Managing Our Mental Health and Staying Well During a Virus Outbreak](#) – *MindHK*
- [Free Guide to Living With Worry and Anxiety Amidst Global Uncertainty](#) – *Psychology Tools*
- [Minding Your Mental Health During the Coronavirus Outbreak](#) - *Health Service Executive*
- [Tips for Young People: Looking After Your Mental Health While Self Isolating](#) – *Young Minds*



Videos:

- [Coronavirus: How to Cope with Anxiety and Self-Isolation \(A Psychologist's Advice\)](#) - *Guardian News*
- [#WeRemember \(Positivity and Togetherness\)](#) – *The Social Co.*



Social Distancing

CORONAVIRUS COVID-19

Social Distancing

AVOID	USE CAUTION	SAFE TO DO
<ul style="list-style-type: none">• Group gatherings• Visits to bars/restaurants• Sleep overs• Playdates• Visiting the elderly with children• Crowded retail stores• Gyms• Visitors to the home• Non essential workers in the home	<ul style="list-style-type: none">• Visits to supermarkets• Visit to pharmacy• Visit to GP• Traveling• Check on friends and family safely• Public transport	<ul style="list-style-type: none">• Go for a walk• Jogging• Working in the home• DIY in and around the home• Reading• Going for a drive• Video calls• Phone calls

Just some of those who are vulnerable that these measures could help:
Patients who are elderly, history of lung illness, cancer patients, immune suppressed patients, immune compromised and those with varying underlying conditions.

- [Guidance on Social Distancing for Everyone In the UK](#) – *Public Health England*
- [Coronavirus Tech Handbook: Isolation Toolkit](#) – *Crowd Sourced*
- [Looking After Your Mental Health While Self-Isolating](#) – *Young Minds*

Apps to Help You Look After Yourself

- **Smiling Mind** – free mindfulness exercises, including ones to help you fall asleep (FREE: APPLE/ANDROID)
- **Sanvello** – tracks your mood, and offers tools and techniques to help cope with stress, anxiety or depression (FREE: APPLE/ANDROID)
- **Mindshift** – helps you cope with anxiety and worries (FREE: APPLE/ANDROID)
- **Calm** - techniques to meditate, breathe, sleep and relax, with illustrations (FREE:APPLE/ANDROID)
- **Headspace** – offers various mindfulness and meditation exercises and guides (FREE TRIAL: APPLE/ANDROID)
- **What's Up?** – tools to keep track of thoughts, view breathing techniques and read forums to manage feelings of anxiety and depression (FREE: APPLE/ANDROID)
- **Calm Harm** – helps manage self-harm impulses using distraction, comfort and expression (FREE: APPLE/ANDROID)
- **notOK** - a digital panic button to get immediate support from trusted, pre-selected people through a simple text message. Options to share your location to share with friends (FREE: APPLE/ANDROID)
- **Motivation - Daily quotes** – Daily positive reminders that can be personalised according to different topics. Share with friends and upload to social media! (FREE: APPLE/ANDROID)



Sleep Apps

- **Shleep** – coaches you to improve your sleep by completing tasks, setting reminders, tracking your sleep and doing meditation exercises (FREE: APPLE/ANDROID)
- **Pzizz** – uses music and sounds to help you sleep. Create your own dreamscapes and customise alarms (FREE: APPLE/ANDROID)
- **Twilight** - reduces blue light to from your phone screen to help you sleep by changing the colour of the screen (FREE: APPLE/ANDROID)
- **Relax Melodies** – create your own soundscape to sleep to from a library of sounds, music, bedtime stories, meditation practices and relaxation techniques (FREE: APPLE/ANDROID)

Exercise & Fitness Links

- **Sworakit Fitness & Workout App** - customise and play personalized video workouts. Choose the length and intensity of your workout (FREE: APPLE/ANDROID)
- **Zombies, Run!** - walk, jog or run anywhere in the world and listen to your mission/music on your headphones. If you're chased by zombies, you'll have to speed up! (FREE: APPLE/ANDROID)
- **Nike Run Club** - choose your length of run, and use mindfulness to increase motivation, focus and performance (FREE: APPLE/ANDROID)
- **Check out PE with Joe on Youtube** for daily exercise videos led by fitness coach Joe Wicks

Help with Revision

- **GetRevising** (app/website) - access to a study plan, revision tools, notes and past papers (getrevising.co.uk)
- **Quizlet** (app/website) - create online flashcards, access to study materials and create tests for yourself (quizlet.com/en-gb)
- **Goconqr** (app/website)– create flashcards, mind maps, quizzes and flowcharts to help with revision and course content recaps (goconqr.com/en)
- **StudyBlue** (app/website) - Find and study online flashcards and class notes at home or on your phone (studyblue.com)
- **myHomework Student Planner** (app) – organise homework calendar, create homework widgets, class schedules (FREE: APPLE/ANDROID)
- **Exam countdown** (app) - timer, reminder, exam & test timetable app for students to keep track of exams (FREE: APPLE/ANDROID)



Helpful Games Apps

- **Happify** - activities and games to help reduce stress, overcome negative thoughts (10 free tracks on APPLE/ANDROID)
- **Luminosity: Brain Training** – uses puzzles and short exercise to improve memory and focus (FREE: APPLE/ANDROID)

Thank you to the young people who attended the DISCOVER programme for recommending these resources

Find out more about DISCOVER: slam.nhs.uk/discover

Improve Time Management & Reduce Procrastination

- **Flora** – stay off your phone by planting a seed in the app and watching it grow into a tree (FREE: APPLE)
- **Forest** – manage your time and stay focused on a task. Plant trees whilst you work. The longer you spend not using your phone, the healthier the trees in your forest! (FREE: ANDROID)
- **Clockwork Tomato** – helps you manage your time and boost productivity by breaking work into 25-minute chunks and 5-minute breaks, with help from the inbuilt timer (FREE: ANDROID)
- **Flipd** – helps reduce distractions by blocking social media apps on a timed basis, and access to soothing tracks to keep you focussed, calm and mindful (FREE: APPLE/ANDROID)
- **OFFTIME** – create profiles that block your calls, texts and notifications, for better focus and removing distractions (FREE: ANDROID)
- **Wunderlist: To Do List & Tasks** – helps you manage tasks by creating 'to do lists' with notifications. You can share these with friends, attach photos and set reminders for important deadlines (FREE: APPLE/ANDROID)
- **Hold** - encourages focus by collecting points on the app for not using your phone. Points can then be used to unlock real-life treats e.g. popcorn at the cinema, and free tickets and vouchers (FREE: APPLE/ANDROID)



Emotional Support & Advice

- **Kooth** – chat confidentially online to counsellors, read articles written by young people, browse forums and keep a daily journal (kooth.com)
- **Hub of Hope** - Enter your postcode into their database to find support near you (hubofhope.co.uk)
- **Off the Record** – free counselling to young people in Croydon, Merton and Sutton (talkofftherecord.org)
- **The Well Centre** – confidential health centre for 13-20 year olds in Streatham, to see a doctor, youth worker or counsellor (thewellcentre.org)
- **Muslim Youth Helpline** – free and confidential, faith and culturally sensitive support services for UK Muslim youth. Call 0808 8082008 or visit (myh.org.uk)
- **Hope Again** – support and advice for young people after the death of someone close (hopeagain.org.uk)
- **Victim Support** – support to young victims and witnesses of crime (victimsupport.org.uk)
- **Nacoa** – information and support to young people whose parents are alcoholics (nacoa.org.uk). Call free confidential helpline 0800 358 3456, or email helpline@Nacoa.org.uk
- **Mermaids** – information to those exploring their gender, and stories from young people who have been in contact with Mermaids. Call 0808 801 0400 (9am-9pm Monday to Friday) or visit mermaidsuk.org.uk
- **Metro** – counselling and support in London & the South East for anyone experiencing issues around sexuality, gender, diversity or identity (metrocentreonline.org)
- **Mosaic** – London-based service, gives advice and information, and organises meet-ups for those identifying as LGBT+. Fill in the form on their website to get in touch (mosaicyouth.org.uk) or email info@mosaicyouth.org.uk
- **Young Minds** – national UK advice & information about youth mental health and emotional wellbeing (youngminds.org.uk)
- **Beat** – support for people experiencing eating difficulties (beateatingdisorders.org.uk)
- **Carers Trust** - support, advice and social activities for young carers of vulnerable relatives (carers.org)

Urgent Help in a Crisis

- **Childline** – confidential helpline. Call 0800 111 111 to talk to a counsellor online at childline.org.uk
- **Papyrus** – for under 35s experiencing suicidal thoughts, call 0800 068 4141, text 07786209697, or email pat@papyrus-uk.org, to access help and advice
- **Shout** - 24 hour text service for anyone in crisis or people who are struggling to cope. Text Shout to 85258 or go to giveusashout.org
- **Samaritans** – 24 hour confidential emotional support for people experiencing distress or despair. Call 116 123 or email jo@samaritans.org

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