

List of Free Resources

Covibook - A short book about Coronavirus for children under 7
www.mindheart.co/descargables

Newsround video- Dr Chris and Dr X and explain what's happening
www.bbc.co.uk/newsround

Resources for Autism are launching an emergency helpline for families which will be available out of hours from 5pm – 930pm 7 days a week.
07891 476 293.

RFA will ring the family back.
At any other time, families can call the RFA office numbers as normal.
www.resourcesforautism.org.uk/covid-19-update/

Resources for Children with Special Educational Needs and their Families

The Autism Educator

Contains a link to the most up to date version of their “Easy Read” for young people and adults with learning difficulties
www.theautismeducator.ie

Carol Gray Social Stories

Pandemics explained in story format
www.carolgraysocialstories.com

National Autistic Society

Guidance and helpline for parents', young people and staff
www.autism.org.uk

Mencap

Easy read guide to Coronavirus
www.mencap.org.uk

Place2Be

Guide to helping parents answer questions from their children and to support family wellbeing
www.place2be.org.uk

Young Minds

Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing
www.youngminds.org.uk

Carers UK - Guidance for Carers

www.carersuk.org

Amaze

Information pack for parents
www.amazesussex.org.uk

Public Health England have produced an easy read version of their [Advice on the coronavirus for places of education](#).

You can download it [here](#)

Resources for Parents

Samaritans

Call 116 123

www.samaritans.org

Mind UK

UK Mental Health Charity with information and an online mutual support community

www.mind.org.uk

Family Action

Supports people who are dealing with family pressures by using a network of volunteers from across the country to support family members over the age of 18 through telephone calls, email, web chat and text message.

Telephone: 0808 802 6666

Text message: 07537 404 282

www.family-action.org.uk

Family Lives (previously Parentline)

Offers a confidential and free helpline service for families in England and Wales for emotional support, information, advice and guidance on any aspect of parenting and family life. The helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday

Call: 0808 800 2222

www.familylives.org.uk

Gingerbread

One Parent Families/Gingerbread is the leading national charity working to help lone parents and their children.

Single Parent Helpline: 0808 802 0925

www.gingerbread.org.uk

Grandparents Plus

The only national charity (England and Wales) dedicated to supporting kinship carers - grandparents and other relatives raising children who aren't able to live with their parents.

Call: 0300 123 7015

www.grandparentsplus.org.uk

Resources for Young People

www.kooth.com

www.youngminds.org.uk

www.keep-your-head.com