

Safeguarding and wellbeing collective advice

Coronavirus: advice and support for parents and carers - The NSPCC has created an online Hub providing advice and support for parents and carers during the coronavirus outbreak.

Content includes: information on keeping children safe from abuse; tips and advice to help parents working from home; and ways to talk to a child who is anxious or worried about coronavirus.

- [Coronavirus \(COVID-19\) advice and support for parents and carers](#)

Children and young people's mental health and wellbeing

All NHS mental health trusts are setting up 24/7 helplines, and seeking to use digital and virtual channels, to continue delivering support during the pandemic.

Social connections, alongside exercise, sleep, diet and routine are important protective factors for mental health. Resources to promote and support mental wellbeing are included in the [list of online resources](#) DfE has published to help children to learn at home. Public Health England has also published [guidance on supporting children and young people's mental health](#).

Digital support includes:

- [Minded educational resources](#) for adults about children and young people's mental health, which is relevant for teachers, other professionals working with children, volunteers, parents and carers
- the [Every Mind Matters platform](#), from Public Health England, about looking after your mental health
- [Rise Above](#), targeted at young people, which also has [schools-facing lesson plans](#)

Support for victims of domestic abuse

Some children and adults could be facing increased risks as we are all asked to stay at home. Social distancing and self-isolation could be used as a tool of coercive and controlling behaviour by people with abusing behaviours to shut down routes to safety and support.

If you or someone you know is in immediate danger call 999.

Advice and support

Links to local support services can be accessed here [Domestic Abuse Intervention and Prevention Service](#), [Open the Door](#), [Be Safe](#), [Live Well Cheshire West](#). More information around local and national support and advice available can be found on the [domestic abuse webpages](#), including specific pages relating to [professionals supporting someone with domestic abuse concerns](#).

The government have also issued advice and guidance which includes a range of National support services including for male victims

<https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse>

Wellbeing

Local NHS Trust, Cheshire and Wirral Partnership (CWP), has launched a new mental health helpline for residents of Cheshire West, Cheshire East and Wirral. Open 24 hours a day, seven-days a week, it is open to people of all ages including children and young people who need urgent mental health support. Find out more about the service and how they can be contacted in this press release



CWP Mental Health
Phone Line Goes Live

Public Health England (PHE) have also published advice for parents and carers on looking after the mental health and wellbeing of children or young people during the coronavirus outbreak. The guidance covers: helping children and young people cope with stress; how children and young people of different ages may react; children and young people who are accessing mental health services; children and young people with learning disabilities; autistic children and young people; children and young people who care for others; and bullying. The guidance will be updated in line with the changing situation

- [Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus \(COVID-19\) outbreak](#)