

Additional Information for Parents and Carers



Parent Information	Information for parents to support your child's on-line use	https://parentinfo.org/
Young Minds COVID -19	Support on how to maintain good mental health	https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/
The Mix	Mental Health Support	https://www.themix.org.uk/get-support/speak-to-our-team
NSPCC and O2	Offering on-line Safety support	https://www.nspcc.org.uk/what-we-do/about-us/partners/nspcc-o2-online-safety-partnership/
Government and advice	Advice on support your child's mental health and wellbeing	https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing
NSPCC	Guidance offering support to parents	https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/
CEOP; On-Line safety	Guidance for parents supporting Secondary (and Primary) aged children including video chatting on-line relationships	https://parentinfo.org/article/video-chatting-a-guide-for-parents-and-carers-of-secondary-school-age-children?utm_source=Thinkuknow&utm_campaign=03f521e658-TUK_ONLINE_SAFETY_AT_HOME_21_04_20&utm_medium=email&utm_term=0_0b54505554-03f521e658-64724545

AACSS (The Association of Adult and Child online Safety Specialists)	Online and gaming advice	http://aacoss.org/parents/
Autism.org	Advice for supporting children with ASC	https://www.autism.org.uk/services/helplines/coronavirus.aspx
Southend Learning Network	Offer practical/visual solutions to structure young people with ASC's time.	http://www.southendlearningnetwork.co.uk/Pages/Download/5b51b721-7063-4345-899e2d9b97f27e85
Peterborough County Council Guidance	Autism; Self Isolation a guidance for parents	https://www.neneparkacademy.org/wp-content/uploads/2020/03/autism_self_isolation_guidance_for_parents_3.pdf
Cruse bereavement care	Offering specific support during the pandemic	https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief
Stars bereavement support service	Supporting young people in Cambridge facing grief	https://talktostars.org.uk/what-we-do/about-stars/
Winston's wish	Support for grieving children	https://www.winstonswish.org/coronavirus/