

• COVID-19 •

# WELLBEING PACKS

We are living in very uncertain times and this can have an impact on everyone's wellbeing. The Mental Health Support Team have developed these packs to help support children and young people, and their carers at this difficult time. We have wellbeing packs on the following topics that are freely available.



## PRIMARY

Low Mood  
General Anxiety  
Health Anxiety  
Loneliness  
OCD  
Autism



## PARENTS

Autism  
Anxiety  
Low Mood  
Self Care  
OCD  
Self Harm  
Talking about coronavirus  
Autism and Anxiety



## SECONDARY

Low Mood  
General Anxiety  
Health Anxiety  
Isolation  
OCD  
Autism

## TEACHERS

Self Care  
Supporting Children

If you would like to access these resources they will be available on the GHLL website soon, or if you would like to access these resources now please contact the CAMHS Practitioner Advice Line: 01452 894272

