

Dear Students, Parents and Guardians,

Looking after your mental health during lockdown

It's Mental Health Awareness Week and, whether or not we've experienced mental health problems before, this is a really difficult time for almost all of us. Many of us are feeling the strain of being kept apart from friends, family and loved-ones, while the backdrop of coronavirus can be scary and unsettling.

This year's theme is kindness and we would like to share some useful resources and guidance that some of you might find helpful.

[8 Tools to give your mental health a boost](#)

There are some great tools out there that can help you maintain good mental health. Different things work for different people, so we've included everything from Headspace for mindfulness to Chill Panda to reduce your anxiety levels

[Dealing with stress](#)

This article was written for people coping with stress at work and school. But it contains some great tips to stop stress building as you manage your study routine at home, from diet and exercise to keeping in touch with friends and taking breaks.

[Mental Health Advice for children and young people during Covid 19](#)

A short film from our partners at Sussex University

[Young Minds](#)

Young Minds have a page which tackles specific concerns during the pandemic. It provides links to more detailed resources, specialist help and case studies to help

you cope with certain conditions such as OCD and eating disorders. Advice for parents too - living with and supporting children and young people.

[Mind](#)

Mind has a special information hub for young people. It contains some basic medical information about coronavirus as well as guidance on how you can look after your well-being and mental health at home