Relax Kids have kindly created a free CALM PACK full of lovely exercises to help you all feel relaxed and calm during this unsettling time. This resource is available for free to support you and your family with managing anxieties and worries, which we are all bound to experience, during this strange period of our life. [www.relaxkids.com/calm-pack](http://www.relaxkids.com/calm-pack?fbclid=IwAR2uXybOqbakVaj1t-Whh0zXfAMreol6o-Wxw1SCy47TVdnxpgMioft1SQM)

**Kooth** is a free online Mental Health and Wellbeing resource for children and young people in Derby and Derbyshire that requires no formal referral, instead only requiring the user to set up an account on the website. Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday-Friday and 6pm-10pm at weekends, the service provides access to accredited counselling support, peer support via online forums and relevant articles detailing a variety of topics.

To sign up, please visit [www.kooth.com/](file:///C%3A%5CUsers%5Cjgilhooly%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CTemporary%20Internet%20Files%5CContent.Outlook%5CF14BAF37%5Cwww.kooth.com%5C)

**Qwell** is a free online Mental Health and Wellbeing resource for parents and carers of young people under the age of 18 that requires no formal referral, instead only requiring the user to set up an account on the website. Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday-Friday and 6pm-10pm at weekends, the service provides access to accredited counselling support, peer support via online forums and relevant articles detailing a variety of topics. To sign up, please visit <https://www.qwell.io/>

**The Anna Freud Centre** has online advice for young people, parents and schools specifically related to the coronavirus. Please see:

https://www.annafreud.org/coronavirus/

Useful in terms of supporting CYP’s mental health needs with CV-19, as there is information about supporting with mental health and managing with anxiety, OCD and eating disorders at this time. <https://youngminds.org.uk/>