

# HELP AND ADVICE FOR EDUCATION STAFF

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Anna Freud Centre  
COVID Advice

Child mental health  
research centre advice



Mind

Coronavirus and your  
wellbeing



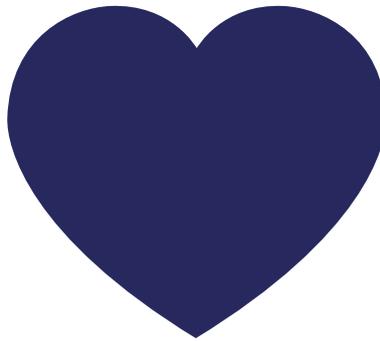
Every Mind Matters

Looking after your  
mental wellbeing at  
home

**YOUNG**  
**MiNDS**

Young Minds

Wellbeing Tips for  
School Staff during the  
closure



**PSHE**  
Association

PSHE Association

Discussing coronavirus  
with children & young  
people

**NSPCC**  
**Learning**

NSPCC

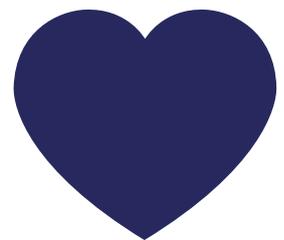
Undertaking remote  
teaching safely



Public Health  
England

Coronavirus Safety  
Guidance

General guidance  
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# HELP AND ADVICE FOR EDUCATION STAFF



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Together

Mindfulness advice on  
coping with tough  
times



HEADSPACE\*

Headspace App

Free year subscription  
for all school staff



THE CHURCH  
OF ENGLAND

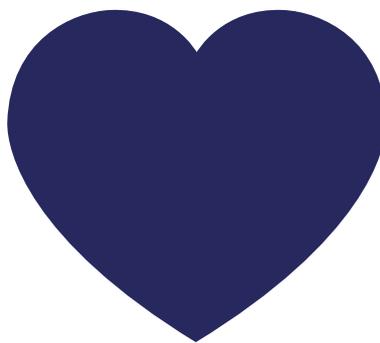
Church of England

Supporting good  
mental health



Education Support

UK charity dedicated to  
supporting education  
staff wellbeing



Lifhacker

How to schedule your  
day when you work  
from home



Edinburgh Zoo  
Webcams

Take a break,  
enjoy the penguins.



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Our guide to parent  
resources online



Wellbeing and  
Enrichment

Our guide to online  
resources for children...  
and maybe you too!