



Children and young people – Resources List

1. Covid-19 specific resources

- NHS Library and Knowledge Services: library.nhs.uk/coronavirus-resources/children-and-young-people
- Anna Freud Centre: annafreud.org/coronavirus-support
- Reading Well to help children stay safe, calm, connected and hopeful during the pandemic: [tra-resources.s3.amazonaws.com/uploads/entries/document/4716/Covid children s booklist.pdf](https://resources.s3.amazonaws.com/uploads/entries/document/4716/Covid%20children%20booklist.pdf) (includes eBook editions)

2. General wellbeing resources (mental and physical)

- NHS Apps Library: nhs.uk/apps-library
- Mind: mind.org.uk/information-support/for-children-and-young-people
- Reading Well for children: reading-well.org.uk/books/books-on-prescription/children
- Reading Well for young people's mental health (Shelf Help): reading-well.org.uk/books/books-on-prescription/young-people-mental-health
- Royal College of Psychiatrists: rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/exercise-and-mental-health-for-young-people