



Information and advice for families in Edinburgh

Parents, carers and young people may be facing even more challenges than usual at the moment. Help is available to every family in Edinburgh.

NSPCC helpline - parenting advice and support, 0808 800 5000 weekdays 8am to 10pm and weekends 9am to 6pm, www.nspcc.org.uk

Social Care Direct - 0131 200 2324.

Contacting the Council in a crisis - www.edinburgh.gov.uk/contactus

Scottish Government's Parent Club - helping your family cope with this huge change to our daily lives, www.parentclub.scot/topics/health/coronavirus

Scottish Welfare Fund – apply for a crisis grant, www.mygov.scot/scottish-welfare-fund

EVOC Covid 19 directory - information on support services where you live, directory.evoc.org.uk

Food banks – contact the Scottish Welfare Fund on 0131 529 5299 or find your local food bank, www.trusselltrust.org

Mental health and wellbeing

British Psychological Society – www.bps.org.uk/responding-coronavirus

CAMHS - advice and resources for parents and carers, www.services.nhslothian.scot

Young Scot – information for young people on what's happening, simple steps to help prevent catching COVID-19 and spreading to others and what to do if you're feeling anxious and worried, www.young.scot/campaigns/national/coronavirus

Edinburgh Crisis Centre – confidential phonenumber, call 24/7 0808 801 0414, www.edinburghcrisiscentre.org.uk

Breathing Space - confidential phonenumber for anyone in Scotland over the age of 16, feeling low, anxious or depressed 0800 83 85 87, 6pm to 2am on weekdays and 24 hours at weekends, www.breathingspace.scot

Living Life to the Full - free online courses covering low mood, stress and resiliency including support for postnatal mothers, littf.com

Young minds - specific advice for young people about dealing with Coronavirus, youngminds.org.uk

Calm - technique and resources to deal with stress, www.calm.com/blog

UK Safer Internet Centre - resources and tools to keep children and young people safe and happy online. www.saferinternet.org.uk/blog



Talking to children and young people about Coronavirus

Structure and routine can help children and young people feel safe during periods of uncertainty. Ideas for supporting this include:

- having set times for going to bed and getting up in the morning where possible
- build in times for fresh air and exercise
- create a variety of activities such as games, art, music, play and reading
- respect each other's privacy and give space where you can
- take time to review the day's activities to help them get a sense of accomplishment.

Children will have heard of Coronavirus and may have questions. It's important they hear the key messages from someone they trust, such as yourself.

Tips to help you to talk to them:

- listen to your child's concerns and make sure you acknowledge their worries
- focus on answering you child's questions with facts where you can
- it's ok to say that you don't know the answer to questions but that you can try to find out for them
- remember children learn from your response so try to stay calm when you're answering
- try and give practical guidance when you can, for example how to wash hands.

www.edinburgh.gov.uk/allofus