

CORONAVIRUS – MENTAL HEALTH ADVICE AND GUIDANCE RESOURCES

Mental Health of Children and Adolescents during the Coronavirus Pandemic

Everyone is being made aware of the physical effects of the Coronavirus and what we should look out for if symptoms arise. However, the mental effects of the virus itself are not yet known nor are we able to assess the effects of the fear generated by potential contamination. Social distancing and isolation for weeks will also take a toll on mental health. The short, medium and long-term implications of the combined effect of these factors require study. Uncertainty provokes anxiety, fear of the unknown, stress. In the current global situation, everyone from young children to adults will be feeling a mix of emotions and some will be placed in environments and situations that are new or potentially damaging.



Every country is facing its own challenges and many associations are providing information resources for psychiatrists and allied professionals on how to deal with people with existing mental illnesses and those experiencing new mental health issues related to the current situation. ESCAP is fully aware that this global situation will have profound effects on the wellbeing of many children and their families.

Children will look to their parents or caregivers for answers and explanations, parents will be bombarded with information that is hard to digest and perhaps not completely factual, some children will be isolated in an already abusive environment, physicians and medical health workers are strained and delving into the unknown. All of this will take its toll.

A resilient and connected community requires global knowledge exchange of intelligent and innovative views that will help relieve the unprecedented burden on the public and professional healthcare providers. We hope that providing these links and information will allow us to build up this connected community and promote mental health for all during the pandemic.

"Mental disorders can be severe or life-threatening disorders, therefore our treatment facilities must stay open as long as possible. E-therapy and e-counselling services allow us to maintain our therapeutic relationships with many of our patients and their families. Health systems all over Europe have to react and adapt to incorporate these approaches" Professor Joerg Fegert, [ESCAP Policy Division Head](#).

ESCAP, along with the support of other associations have compiled a list of links that offer guidance and advice to psychiatrists, allied professionals, parents and caregivers, school staff and other professionals that are providing care and support during this time. We thank those who have taken the time to put these websites, documents and information packages together.

The following links are in English, we advise psychiatrists who are seeking specialised guidance in their own language to contact their national society or association; many of which can be found on our [member page](#). Each link is indicated with 'public' or 'professionals', to explain if the link is steered towards advice for the public or professional health care workers.

If you would like to add to this list or have a comment, please contact our editor at editor@escap.eu

[Anna Freud NCCF](#)

- [Supporting Young People's Mental Health during Periods of Disruption](#).
- [Supporting Parents and Carers through Disruption](#).
- [Supporting Schools and Colleges through Disruption](#) Video.
- [Supporting Schools and Colleges during periods of disruption](#) pdf.

- [Self-Care Resources](#)

AACAP America Association for Child and Adolescent Psychiatry (site currently under construction)

- [News and Children by AACAP](#)

ACAMH The Association for Child and Adolescent Mental Health

[ACAMH podcast: Dr Jon Goldin on the coronavirus and child mental health](#)

BPS British Psychological Society

- [Advice to Schools, Parents and Carers to Help Children through the Uncertainty of School Closures](#)
- [Importance of talking to children about Coronavirus](#)
- [BPS guidance – Talking to Children About Coronavirus](#)

BACP British Association for Counselling and Psychotherapy

- [Coronavirus anxiety: how to cope if you're feeling anxious about the outbreak](#)

CDC Centers for Disease Control and Prevention

- [Manage Anxiety & Stress](#)

Child Mind Institute

- [The Child Mind Institute has a specialised site 'Supporting families during COVID-19'](#)
- [How to Talk to Kids About the Coronavirus by Child Mind Institute](#)
- [Talking to Kids about Coronavirus](#)
- [Supporting Kids during Coronavirus Crisis](#)

Mental Health Foundation

- [How to look after your mental health during the Coronavirus outbreak](#)
- [Talking to your children about the Coronavirus pandemic](#)

UNICEF

- [UNICEF - COVID-19 – What you need to know about how to protect you and your family](#)
- [Coronavirus Outbreak Video with Priyanka Pruthi](#)
- [Coronavirus disease \(COVID-19\): What parents should know](#)
- [How to talk to your child about coronavirus disease 2019 \(COVID-19\)](#)
- [Studying at home due to coronavirus? This is how young people around the world are keeping their mood up](#) Public

WHO World Health Organisation

- [Mental health and psychosocial support during COVID-19](#)

Other links:

[Covibook – Supporting and Reassuring Children Round the World Public](#)

[MIND – Coronavirus and Your wellbeing](#)

[NICE – general guidelines on COVID-19](#)

[Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing](#)

[Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing](#)