

<https://derbyshireparentforums.co.uk/usefulinformation/>

Useful Information

In light of the Coronavirus situation, we have been continuing to look for websites with useful and reliable information. We hope we find them helpful.

- 1 – [IPSEA News Updates](#)
- 2 – [Mencap Information](#)
- 3 – [Young Mind Talking to Children About the Coronavirus](#)
- 4 – [Mind Heart Kids – Coronavirus Book](#)
- 5 – [Mind Heart Kids – Language Choice](#)
- 6 – [Public Health Poster](#)
- 7 – [Twinkl Resources SEND School Closure](#)
- 8 – [Samaritans](#)
- 9 – [Derbyshire Social Care](#)
- 10 – [Sibs – Supporting Siblings](#)

<https://derbyshireparentforums.co.uk/latestnews/>

Latest News

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 www.qwell.io/
MIND

Mind have published a page on their website specifically about the Coronavirus and Your Wellbeing: [MIND Website](#)

“Contact Share Information”

The following news story has just been released on our website and we wanted to draw parent carer forums’ attention to it: <https://contact.org.uk/news-and-blogs/covid-19-and-families-with-disabled-children/>

“We know that families caring for disabled children may be particularly worried about the COVID-19 coronavirus.

You might find it helpful to read these two resources from WellChild and Carers UK:

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

<https://www.wellchild.org.uk/2020/03/11/covid-19-information-for-parents-and-carers/>

The health and wellbeing of our families is paramount to Contact.

We are following the latest guidance from the [Government and Public Health England](#), and advise our families (and parent carer forums) to do the same”.

Stay safe.