

## General resources:

- Support with relationships and resolving conflict:  
<https://relationshipmatters.org.uk/>
- Comprehensive local mental health support and resources for yourself and supporting someone else.  
<https://www.mindwell-leeds.org.uk/>
- Expert podcasts about how to support young people with a whole range of mental health issues  
<https://www.annafreud.org/parents-and-carers/child-in-mind/>
- Supporting a young person through grief  
<https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people>

## Corona virus resources:

- Coping during the pandemic  
<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>
- Bereavement during lockdown  
<https://www.childbereavementuk.org/pages/category/coronavirus>