

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>

Coronavirus resources:

- Coping during the pandemic

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-supportchildrenfamiliesparents/>

- Bereavement during lockdown

<https://www.childbereavementuk.org/pages/category/coronavirus>

- BOLOH helpline

<https://www.notredamecoll.ac.uk/storage/app/media/Students/Mental%20Health%20and%20Wellbeing/boloh-leaflet-parents-final.pdf>

Young Minds – Supporting your child through the coronavirus pandemic.

- <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

- Talking regularly with your child about relationships and sex can help develop shared understanding, trust and support between you. Talk little. Talk often. Ask The Awkward. <https://www.thinkuknow.co.uk/parents/ask-the-awkward/>