**Supporting Mental Health**

The NSPCC have helpfully shared some helplines that may be of use to young people should they show anxiety about the current COVID-19 situation.

**Young Scot has a dedicated campaign site**

 ‘Find out more about what's happening and the simple steps you can take to help prevent catching COVID-19 and spreading to others. Also find out more about what you can do if you are feeling anxious and worried, and how you can support others in your community’

https://young.scot/campaigns/national/coronavirus

**The Children and Young People’s Commissioner for Scotland** site has some information about children’s rights in a time of crisis and a number of helpful links to resources

 https://www.cypcs.org.uk/news/in-the-news/getting-human-rights-advice-in-scary-times-the-coronavirus

The Children and Young People’s Commissioner for Scotland also recommend the #Covibook for children under 7 which can be downloaded here

 https://www.mindheart.co/descargables /

<https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf>

**Childline** have a dedicated Coronavirus page which covers what coronavirus is, what to do if you are worried and how to cope if you are staying at home

https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/

NB Childline are having to reduce their hours of operation. As of tonight the phone line / online chat will only be available from 9am until midnight.

All of these services can be contacted and accessed directly but, if you have any questions or need any advice to support with your young person’s Mental Health at this time, you can also contact Pastoral Care.

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