

# Children are *not* small Adults.

Supporting Families living with a long term paediatric rheumatological condition in the context of the Covid-19 pandemic



# Mental Health

- <https://www.futurelearn.com/courses/youth-mental-health-during-covid-19>
- <https://www.girlguiding.org.uk/globalassets/docs-and-resources/research-and-campaigns/girlguiding-covid19-research-briefing.pdf>
- <https://youngminds.org.uk/media/3774/young-minds-survey-with-parents-and-carers-summary-of-results.pdf>
- <https://www.giveusashout.org/resources/>

# Shielding

- <https://www.gov.uk/government/publications/stay-alert-and-safe-social-distancing-guidance-for-youngpeople/staying-alert-and-safe-social-distancing-guidance-for-young-people>
- <https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/clinical-guide-rheumatology-patients-v2-08-april-2020.pdf>
- <https://www.rcpch.ac.uk/resources/covid-19-shielding-guidance-children-young-people>

# School

- <https://www.bps.org.uk/coronavirus-resources/public/back-to-school>
- <https://www.resolutionfoundation.org/app/uploads/2020/05/Young-workers-in-the-coronavirus-crisis.pdf>
- <https://www.resolutionfoundation.org/publications/class-of-2020/>

# Making every contact count

- <https://www.makingeverycontactcount.co.uk/media/27613/mecc-resources-fact-sheet-v9-20180601.pdf>
- <https://www.rcn.org.uk/professional-development/publications/rcn-remote-consultations-guidance-under-covid-19-restrictions-pub-009256>
- <https://www.rcn.org.uk/professional-development/publications/pub-009004>
- <https://www.versusarthritis.org/about-arthritis/young-people/arthritis-tracker/>

# Mental Health for Clinicians

- <https://www.rheumatology.org.uk/covid-19/>
- <https://www.rheumatology.org.uk/News-Policy/Details/Covid19-Coronavirus-update-members>
- [https://nnuh-covid-19.tfemagazine.co.uk/assets/1/the\\_mindfulness\\_initiative.pdf](https://nnuh-covid-19.tfemagazine.co.uk/assets/1/the_mindfulness_initiative.pdf)
- [https://nnuh-covid-19.tfemagazine.co.uk/assets/1/wellbeing\\_-\\_self\\_care\\_-\\_covid\\_19.pdf](https://nnuh-covid-19.tfemagazine.co.uk/assets/1/wellbeing_-_self_care_-_covid_19.pdf)
- [https://nnuh-covid-19.tfemagazine.co.uk/assets/1/things\\_i\\_can\\_control.pdf](https://nnuh-covid-19.tfemagazine.co.uk/assets/1/things_i_can_control.pdf)
- [www.mind.org.uk](http://www.mind.org.uk)
- <https://www.nhs.uk/oneyou/every-mind-matters/>

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WE ARE NOT ALL IN  
THE SAME BOAT

BUT WE ARE ALL IN THE SAME STORM



SUPPORT EACHOTHER

#DONTJUDGE #BEKIND