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BWLETIN GWYBODAETH DEFNYDDIOL/HELPFUL INFORMATION BULLETIN

Mawrth/March 2020

(Ymddiheuriadau bod peth o'r gwybodaeth yn uniaith Saesneg)

Gwybodaeth i ddisgyblion/Information for pupils

Childline

www.childline.org.uk/get-support/1-2-1counsellor-chat/

Galwad rhad ac am ddim/Freephone: 08011111 (24awr/hr)

Young Minds-Crisis Messenger

Tecst/Text YM i/to 85258

Gwefan diddorol: Rise Above

<https://riseabove.org.uk/topic/self-care/>

Gwybodaeth i Rien/Information for Parents

www.gov.uk

COVID-19: guidance on supporting children and young people's mental health and wellbeing

Advice for parents and carers on looking after the mental health and wellbeing of children or young people during the coronavirus (COVID-19) outbreak.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>



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Coronavirus: Childline counselling

Source: NSPCC Learning

Date: 27 March 2020

The NSPCC has released figures which show that Childline has delivered 913 counselling sessions to children and young people who were concerned about the Coronavirus during the period 21 January-22 March 2020, of which 597 (65%) of the counselling sessions were with young people who had contacted Childline in the week starting 16 March 2020. The Childline website includes information for children and young people worried about Coronavirus.

Read the news story: [Hundreds of children counselled over impact of coronavirus \(COVID-19\) outbreak](#)

Visit Childline: [Coronavirus: information and advice](#)

Talking to a child worried about Coronavirus

Source: NSPCC

Date: 26 March 2020

The NSPCC has created a new webpage with information and advice for parents or carers who are worried a child or young person may be struggling with their mental health or has anxiety about Coronavirus. The webpage includes information on: talking about feelings and worries; keeping in touch and balancing screen time; ways to create structure and routine; and helping to give children a sense of control.

Read the information and advice: [Talking to a child worried about coronavirus \(COVID-19\)](#)

See also on NSPCC Learning

> [How to have difficult conversations with children](#)

Books for children who are worried or anxious

Source: NSPCC Learning

Date: 24 March 2020

The NSPCC Library and Information Service has created a reading list of books for children who are worried or anxious. Our free information service remains open, and can provide reading lists and help you to find information on safeguarding topics. Contact learning@nspcc.org.uk

View the reading list: [Books for children who are worried or anxious](#)