



## CORONAVIRUS HELP AND SUPPORT

How can churches help the children and young people they work with?

### Follow official guidance

The Scottish Episcopal Church has published its guidance [here](#), which will be updated regularly. This will be informed by the latest Government and NHS advice.

## Share age-appropriate information

YoungScot have gathered some excellent age-appropriate resources for children [here](#). These include tips on staying safe, understanding jargon, finding reliable news and managing anxiety.

## Safeguard mental health: ABC

**Avoid** hysteria: Limit time spent following coronavirus news on social media. Encourage young people to pick a couple of trusted sources of information (see YoungScot resources above) and check them a couple of times a day, rather than constantly reading the latest speculations online.

**Breathe**: To help with stress and anxiety, encourage young people to take 15 minutes out of their day to relax and breathe. They can use helpful mindfulness apps such as [Headspace](#). If they can get outside whilst maintaining social distance, even 15 minutes in a green or sunny spot can help reduce anxiety.

**Connect**: While we are socially distanced, it's important to stay connected. Encourage young people to talk on the phone or video chat with loved ones: they are already expert at this with their friends, but this may be the perfect occasion for them to teach their grandparents how to video call from their tablets! Sharing music or organising a Watch Party online with friends can help, too. Your youth group may already have a group chat, but you might like to consider connecting the parents of your toddler group children via a closed Facebook group, WhatsApp group or similar.

## Share helpful online resources

While church services are discontinued, many of us will increasingly be exploring our online potential for ways to connect with our young people, worship and pray together. Check the [Diocesan Website's Youth & Children page](#) for bright ideas and helpful suggestions - these will be regularly updated.

## Pray

Most importantly, encourage your young people to pray. Like the [Edinburgh Diocese Youth & Children Facebook page](#) for regular suggestions.