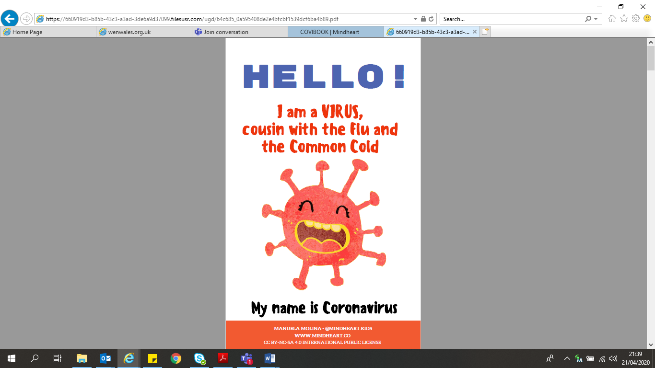
**Wellbeing resources**

**Simple English and translated versions**

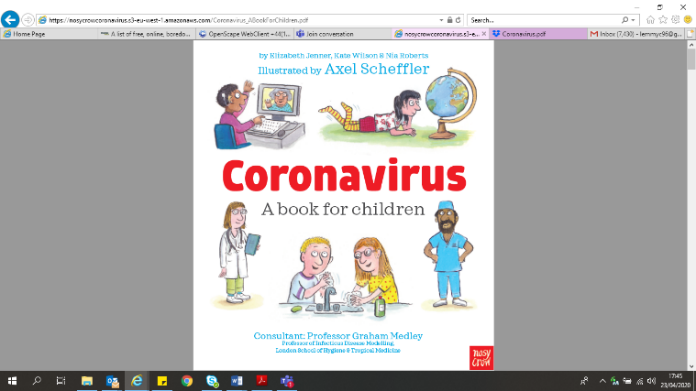
With many thanks to colleagues from the Gwent Community Psychology Team and the Gwent Community Health Team who provided most of the information on this document. Other sources are referenced.

**For Children**



The covi-book for children in 25 languages

[https://www.mindheart.co/descargables](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mindheart.co%2Fdescargables&data=02%7C01%7CEmmy.Chater%40newport.gov.uk%7C1c64b80db03e418e5ca408d7e085a946%7C2c4d0079c52c4bb3b3cad8eaf1b6b7d5%7C0%7C0%7C637224736984329264&sdata=mJ9dJo%2B%2FbHMKQNI8ZpDuak7SAxxLjbmjKbn5wLdqxqw%3D&reserved=0)



Coronavirus - A book with lots of pictures and limited text in English and Welsh for Children with input from Professor Graham Medley Professor of Infectious Disease Modelling and illustrations by Axel Scheffler, who also illustrated the Gruffalo books.

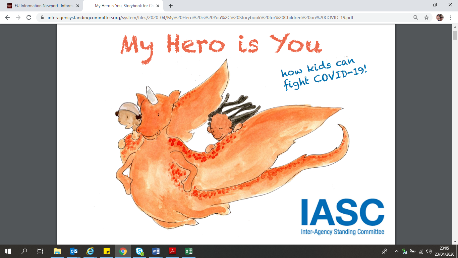
<https://www.dropbox.com/s/88ok8kfdjjj4gkn/Coronavirus.pdf?dl=0> or

<https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf>

The Welsh version can be found here: <http://atebol-siop.com/media/attachment/Coronafeirws%20-%20Llyfr%20i%20blant.pdf>



Time capsule sheets for children - English only, limited text



My Hero is you – book for children in 23 languages, promoted by the WHO

<https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/my-hero-you>

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The book of calm. Lots of pictures, limited text

**For Children and adults**

 5 senses exercise



Diary to record and reflect on exercises



Simple breathing exercise

[https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fchatterpack.net%2Fblogs%2Fblog%2Flist-of-online-resources-for-anyone-who-is-isolated-at-home&data=02%7C01%7Cemmy.chater%40newport.gov.uk%7Ca1de255d94a644cd3c4f08d7e62b4cc3%7C2c4d0079c52c4bb3b3cad8eaf1b6b7d5%7C0%7C0%7C637230945952183022&sdata=P3OTD6qPjGiqb4gp0KyvYVDF0H9tUY1Y3c64UBwUkrU%3D&reserved=0)

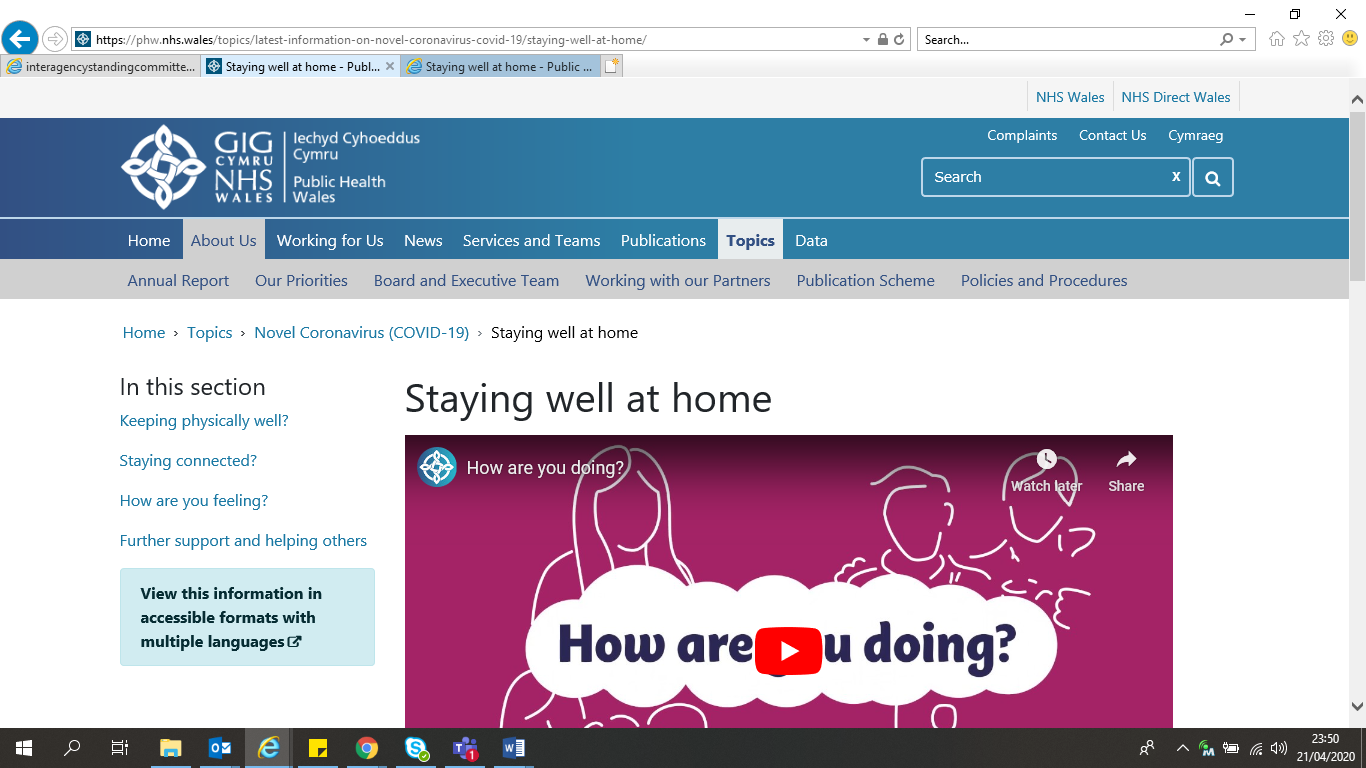
A link for an amazing list of virtual tours, online learning and wellbeing resources. A lot of this is accessible regardless of English language skills

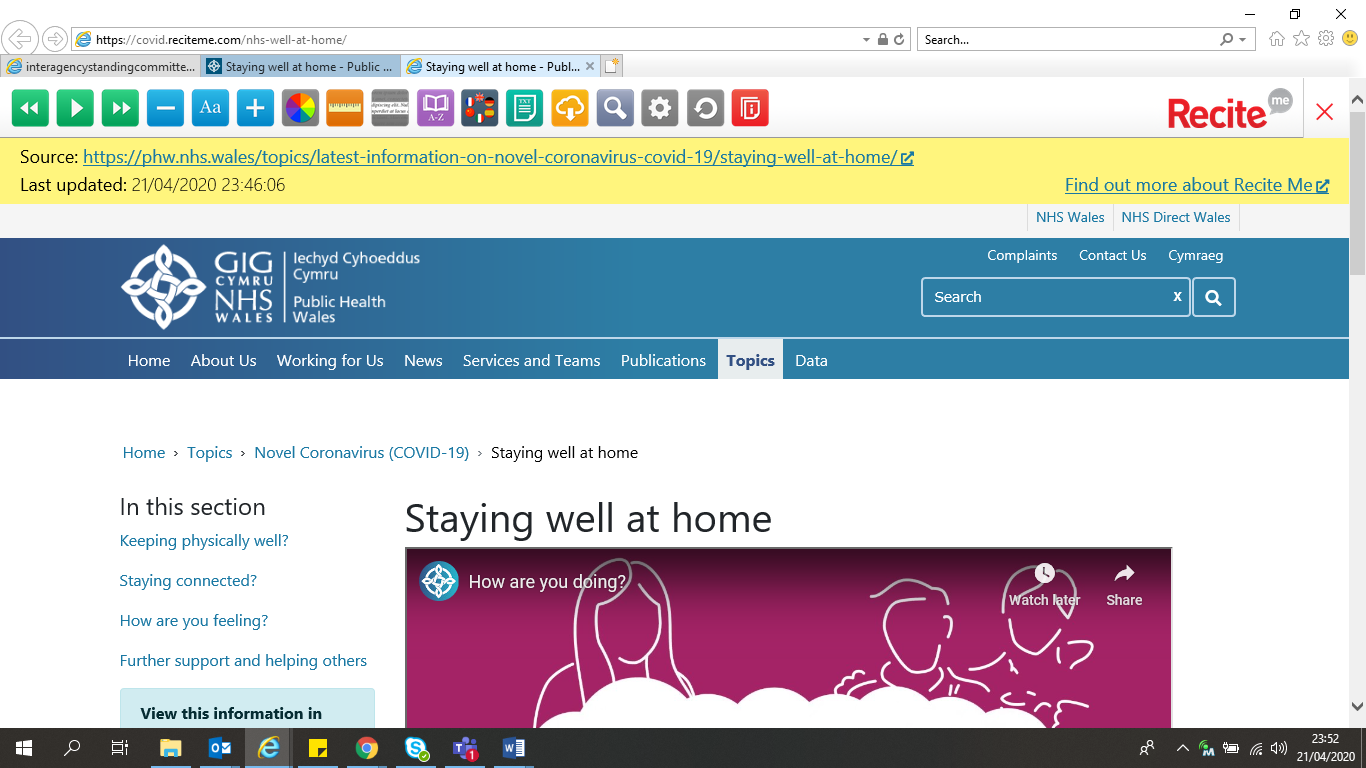
**For Adults**

Useful information on Public Health Wales website including a section on mental health under the heading – ‘How are you feeling’.

It is available in many languages – click on the box ‘view this information in accessible formats’ on the left hand side and a tool bar appears at top of screen – click on the flag icon and choose your language!

[https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/staying-well-at-home/](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fphw.nhs.wales%2Ftopics%2Flatest-information-on-novel-coronavirus-covid-19%2Fstaying-well-at-home%2F&data=02%7C01%7Cemmy.chater%40NEWPORT.GOV.UK%7C62dd73c9c79748e343ee08d7e5fd1a77%7C2c4d0079c52c4bb3b3cad8eaf1b6b7d5%7C0%7C0%7C637230747538024848&sdata=MMGWSBvCp9E64tLtbHKis9W0vfLk%2Bmy7su%2BEylApkKU%3D&reserved=0)

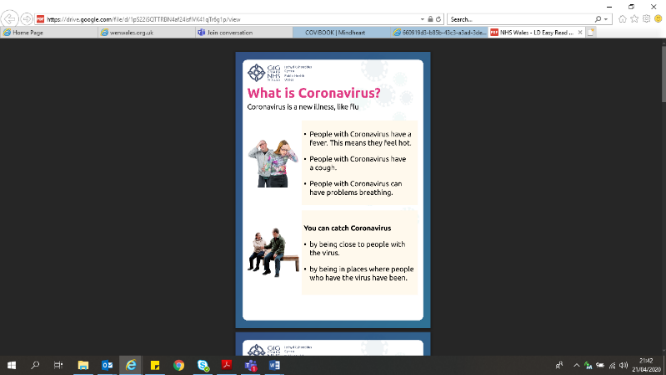






 List of links for self-help materials in many languages

Simple, effective muscle relaxation exercise



Coronavirus easy read version – English only

<https://drive.google.com/file/d/1pS22iSQTTRBN4af24isfIVK41qTr6g1p/view>

<https://www.doctorsoftheworld.org.uk/> covid-19 information in more than 40 languages.

**Videos of the information are being released here:** [www.doctorsoftheworld.org.uk/coronavirus-video-advice/](https://www.doctorsoftheworld.org.uk/coronavirus-video-advice/)

The headspace app <https://www.headspace.com/covid-19> is currently open to free access.

**For Practitioners – front line workers**

Stay at home posters





Urdu Benglai Gujarati Polish Punjabi





Romani Romanian Russian



Community Resources – not checked for language support provision

 Bereavement support services - not checked for language support provision

The Community Well-Being Information Group, convened by the Mental Health and Learning Disability Division has a growing Directory of resources can be found on the internet pages

[https://abuhb.nhs.wales/coronavirus/mental-health-and-well-being/](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fabuhb.nhs.wales%2Fcoronavirus%2Fmental-health-and-well-being%2F&data=02%7C01%7CEmmy.Chater%40newport.gov.uk%7Ccf7800fa4d874a3ba0aa08d7e3117f8c%7C2c4d0079c52c4bb3b3cad8eaf1b6b7d5%7C0%7C1%7C637227536961661077&sdata=Aj4pKaArSE8cJ39i4bj6u6QW1RuF4D9SmINbtvSSh44%3D&reserved=0)