

## Where can I go to get support to help keep my child safe online?

There is support available to keep your child safe online. Below are some useful links to help parents and carers:

- [Thinkuknow](#) (advice from the National Crime Agency to stay safe online)
- [Internet matters](#) (support for parents and carers to keep their children safe online)
- [Parent info](#) (support for parents and carers to keep their children safe online)
- [LGfL](#) (support for parents and carers to keep their children safe online)
- [Net-aware](#) (support for parents and carers from the NSPCC)
- [Let's Talk About It](#) (support for parents and carers to keep children safe from online radicalisation)
- [UK Safer Internet Centre](#) (tips, advice, guides)

## What support is available to parents to help them maintain their family's wellbeing while their children are at home?

Social connections, alongside exercise, sleep, diet and routine, are important protective factors for mental health. Materials to promote and support mental wellbeing are included in the list of [online resources](#) we have published to help children to learn at home. Public Health England's [Rise Above](#) platform supports young people. The Department of Health and Social Care is providing £5 million of additional funding to support mental health charities to increase their provision for adults and children at this time.

Social isolation, reduced exercise, and bereavement, may affect children's wellbeing in this period.

Resources to promote and support children and young people's mental wellbeing include:

- [MindEd educational resources for adults about children and young people's mental health](#), which is relevant for parents and carers as well as volunteers, teachers, and other professionals working with children
- the [Every Mind Matters](#) platform which supports looking after your own and other's mental health
- [guidance on looking after wellbeing and mental health](#) during the coronavirus (COVID-19) outbreak
- [guidance on supporting children's wellbeing and mental health](#)

All NHS mental health trusts are setting up 24/7 helplines, and seeking to use digital and virtual channels, to continue delivering support during the coronavirus (COVID-19) outbreak.