

## Key stage 3 and 4

[The Young Minds webpage](#), designed for young people to access, aimed specifically at those young people who may be anxious about coronavirus. There is good interactive content; there is a link to further information about looking after your mental health while self-isolating.

[YouTube Video](#). From the popular Youtuber 'Its ok to be smart'. A good video for teens explaining the need for social isolation focused on the science of epidemiology.

A webpage aimed at teens, from [Teen Vogue](#), which addresses anxiety and gives advice about reducing worry and anxiety.

[Teentips](#) is an American website aimed at supporting parents of teenagers. This page focuses on supporting teens during a school closure caused by coronavirus:

[Twinkl](#) have produced a free Key Stage 3 school closure home learning resource pack for the coronavirus crisis. As well as Maths, English and Science activities there are also several well-being activities including mindfulness and some cognitive therapy approaches

Self-help for Anxiety Management (SAM) is an app developed by the University of the West of England (UWE) for young people experiencing anxiety. It provides a symptom tracker, educational articles and external links as well as relaxation techniques and additional coping skills and practice for managing anxiety.

It can be downloaded from the [Apple store](#) or [Google play](#)

Meetwo is an app, recommended by the NHS, that provides a safe and secure forum for teenagers wanting to discuss any issues affecting their lives. Young people can get anonymous advice from experts or other teenagers. It can be downloaded from the [Apple Store](#) or [Google Play](#)

[YR media](#) have Podcasts, videos and more, with a strong mental health content. Journalism by teens for teens including the fabulous *Adult-ish* pod cast. Some material here is only suitable for older teens and should be used with caution.