

The following websites, weblinks and contact numbers for a variety of services may be helpful:

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

<https://www.bbc.co.uk/news/health-51873799>

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://www.npfs.org.uk/2020/03/19/activities-and-well-being-resources/>

Child Protection	01738 476768
Adult Support and Protection	0345 301 11 20
NHS Inform / NHS 24	0800 028 2816 / 111
Emergency services/ Police Non-Emergency	999 / 101
Foodbank	01738626799
Childline	0800 1111
Samaritans	116 123
Young Scot	-
PKC Welfare Rights	01738 476900 (Option 1)
Cool2Talk	-
Citizen's Advice Scotland	01738 450580
PKVAS Carers' Hub	01738 567076
Perth and Kinross Council	01738 475000
Scottish Government	0300 244 4000