

@PeacefulMindPeacefulLife

Only when normal
things are not normal
anymore, do we realize
how special normal
things are.

- @BRIGHTVIBESMEDIA













If your child is suffering from anxiety/worry linked to the COVID 19 crisis this is a great free online course which gives strategies and ideas to help:

www.futurelearn.com/courses/youth-mental-healthduring-covid-19

Start isolating

'you for 7 days
household for 14 days

Book a test

'NHS.uk/coronavirus
or call 119

positive
for COVID-19

Household stops
isolating immediately
You stop isolating
if you feel well

STAY ALERT CONTROL THE VIRUS SAVE LIVES