Dear Parents / Carers,

We hope you are well in these unprecedented times.

We’ve been approached by a team of researchers at the University of York who are interested in how children with special educational needs and disabilities are feeling during the Coronavirus outbreak and how parents/guardians would like to be supported.  They would like to invite you to complete a 5-10 minute online survey by clicking this link

([https://york.qualtrics.com/jfe/form/SV\_e4LnbX5Q7X2MF9j](https://york-ac-dot-yamm-track.appspot.com/Redirect?ukey=15kqCqTVNkKGxXHnAAaFqZYXIQ2_cVotlyASrtmQL4vM-1151447990&key=YAMMID-70299390&link=https%3A%2F%2Fyork.qualtrics.com%2Fjfe%2Fform%2FSV_e4LnbX5Q7X2MF9j)).

They’ve also compiled a list of online resources to support your wellbeing and your child’s wellbeing during the Coronavirus outbreak (see below).  If you have any queries about this survey, please contact the research team directly on ed-fabproject@york.ac.uk”

**Coronavirus and Your Child’s Wellbeing**

* Autistica - coping with uncertainty for autistic people and their families - [https://www.autistica.org.uk/what-is-autism/coping-with-uncertainty?dm\_i=4U0R,BB4Y,2UR4W7,18O1Z,1](https://york-ac-dot-yamm-track.appspot.com/Redirect?ukey=15kqCqTVNkKGxXHnAAaFqZYXIQ2_cVotlyASrtmQL4vM-1151447990&key=YAMMID-70299390&link=https%3A%2F%2Fwww.autistica.org.uk%2Fwhat-is-autism%2Fcoping-with-uncertainty%3Fdm_i%3D4U0R%2CBB4Y%2C2UR4W7%2C18O1Z%2C1)
* The Anna Freud Centre - supporting young people’s mental health during periods of disruption - [https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus](https://york-ac-dot-yamm-track.appspot.com/Redirect?ukey=15kqCqTVNkKGxXHnAAaFqZYXIQ2_cVotlyASrtmQL4vM-1151447990&key=YAMMID-70299390&link=https%3A%2F%2Fwww.annafreud.org%2Fwhat-we-do%2Fanna-freud-learning-network%2Fcoronavirus)
* The Mental Health Foundation - talking to your child about scary world news - [https://www.mentalhealth.org.uk/publications/talking-to-your-children-scary-world-news](https://york-ac-dot-yamm-track.appspot.com/Redirect?ukey=15kqCqTVNkKGxXHnAAaFqZYXIQ2_cVotlyASrtmQL4vM-1151447990&key=YAMMID-70299390&link=https%3A%2F%2Fwww.mentalhealth.org.uk%2Fpublications%2Ftalking-to-your-children-scary-world-news)
* Young Minds - blogs aimed at young people on wellbeing and Coronavirus - [https://youngminds.org.uk](https://york-ac-dot-yamm-track.appspot.com/Redirect?ukey=15kqCqTVNkKGxXHnAAaFqZYXIQ2_cVotlyASrtmQL4vM-1151447990&key=YAMMID-70299390&link=https%3A%2F%2Fyoungminds.org.uk%2F)

**Coronavirus and Your Wellbeing**

* Mind -  your wellbeing during the Coronavirus outbreak  - [https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing](https://york-ac-dot-yamm-track.appspot.com/Redirect?ukey=15kqCqTVNkKGxXHnAAaFqZYXIQ2_cVotlyASrtmQL4vM-1151447990&key=YAMMID-70299390&link=https%3A%2F%2Fwww.mind.org.uk%2Finformation-support%2Fcoronavirus-and-your-wellbeing)
* The Mental Health Foundation - looking after your mental health during the Coronavirus outbreak - [https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing](https://york-ac-dot-yamm-track.appspot.com/Redirect?ukey=15kqCqTVNkKGxXHnAAaFqZYXIQ2_cVotlyASrtmQL4vM-1151447990&key=YAMMID-70299390&link=https%3A%2F%2Fwww.mind.org.uk%2Finformation-support%2Fcoronavirus-and-your-wellbeing)
* The NHS - how to look after your wellbeing whilst staying at home - [https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing](https://york-ac-dot-yamm-track.appspot.com/Redirect?ukey=15kqCqTVNkKGxXHnAAaFqZYXIQ2_cVotlyASrtmQL4vM-1151447990&key=YAMMID-70299390&link=https%3A%2F%2Fwww.mind.org.uk%2Finformation-support%2Fcoronavirus-and-your-wellbeing)
* The NHS - list of helplines if you need to speak to someone about your mental health  - [https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing](https://york-ac-dot-yamm-track.appspot.com/Redirect?ukey=15kqCqTVNkKGxXHnAAaFqZYXIQ2_cVotlyASrtmQL4vM-1151447990&key=YAMMID-70299390&link=https%3A%2F%2Fwww.mind.org.uk%2Finformation-support%2Fcoronavirus-and-your-wellbeing)
* British Association for Counselling Psychotherapists - how to look after your mental health and wellbeing during self-isolation **-**[https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing](https://york-ac-dot-yamm-track.appspot.com/Redirect?ukey=15kqCqTVNkKGxXHnAAaFqZYXIQ2_cVotlyASrtmQL4vM-1151447990&key=YAMMID-70299390&link=https%3A%2F%2Fwww.mind.org.uk%2Finformation-support%2Fcoronavirus-and-your-wellbeing)