

# THE WALLACE HIGH SCHOOL



## COMMUNITY WELL-BEING SUPPORT



**“Staying Safe: - Dealing with COVID-19. A booklet for post-primary pupils”** This booklet aims to explain what coronavirus and COVID-19 are, will provide advice on taking precautions and how we can look after one another, will provide advice on remote learning and a focus on emotional well-being during these challenging times of school closures. <https://www.eani.org.uk/services/pupil-support-services/autism-advisory-intervention-service-aais>

### What to do if you're anxious about coronavirus?

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



### Mental wellbeing while staying at home

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

### Working from home: Your Wellbeing Action Plan

[https://74fa8c0e-59f4-4e39-806a-f511b0f9fadb.filesusr.com/ugd/b5791d\\_c659f0f7fa4248ac90c17d5b786f1953.pdf](https://74fa8c0e-59f4-4e39-806a-f511b0f9fadb.filesusr.com/ugd/b5791d_c659f0f7fa4248ac90c17d5b786f1953.pdf)

