



## Helping your child to cope with Separation or Divorce

### Digital Resources

Dear Parent/Carers

During covid-19 we are aware that anxieties have increased with the uncertainty across the world, a number of parent/carers have requested digital resources to support the therapy offered within Child & Adolescent Mental Health Services.

Please find below some examples of YouTube video clips you may wish to view, we would recommend that you check to see if they may be appropriate for you

**Please note it is your responsibility to ensure any clip you show to a child is safe for your child to view should you choose to do this. We rely on the YouTube app to monitor the content created by others.**

Disclaimer - South Tyneside and Sunderland Foundation Trust have no ownership of the websites or videos.

### Helping your child cope with separation and divorce

When parents split up, there will be many changes that happen during and after that children will feel anxious about. It is important that you consider what you can do to reduce the impact on your child. We have signposted you to a variety of websites and video clips which provide guidance for carers in how to help children with this difficult process.

#### Talking to Children about separation & divorce

[www.relate.org.uk](http://www.relate.org.uk) - <https://youtu.be/cfLWOARZekw>





HEALTHY MINDS TEAM

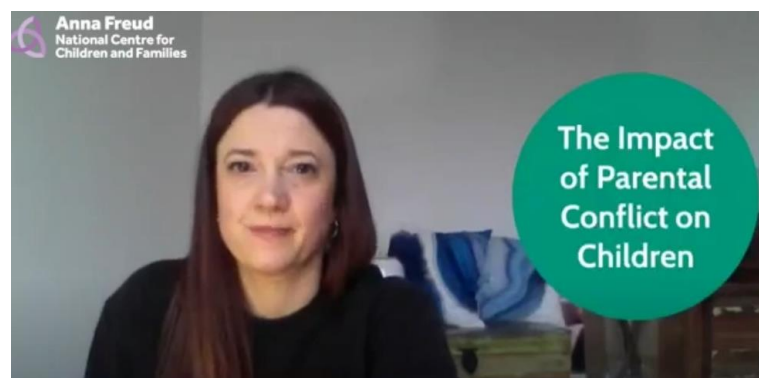
## Young Minds – How to help your child cope with separation & divorce

<https://youtu.be/QXsQ70Yu-Yk>



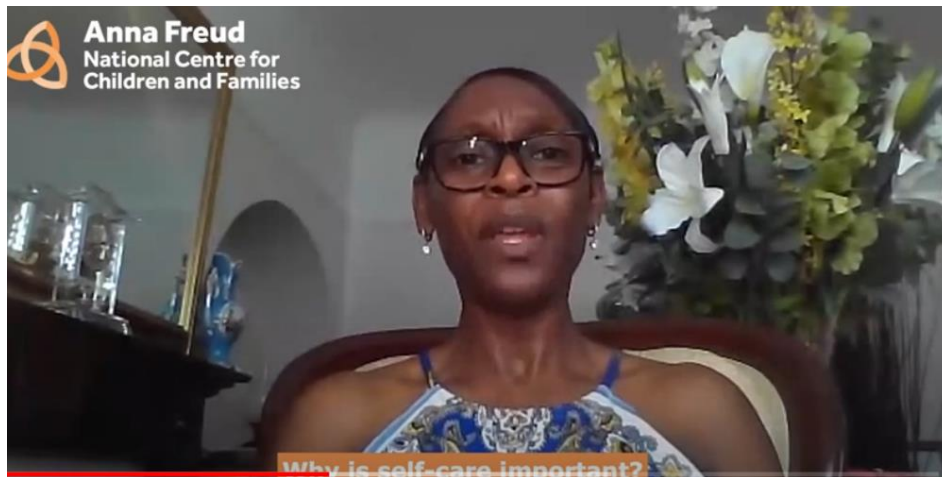
## The Impact of Parental Conflict on Children

<https://youtu.be/KC8SGofBTf0>



## Why is self-care important?

<https://youtu.be/q5viyKoCikI>



## Self-care strategies for Parents & Carers

[Self Care, Anxiety, Depression, Coping Strategies | On My Mind | Anna Freud Centre](#)

## Useful Websites

Local Support & Help Available

[www.southtynesidelifecyclementalhealth.nhs.uk](http://www.southtynesidelifecyclementalhealth.nhs.uk)

Link to Adult Services – Refer Yourself

[South Tyneside Lifecycle Primary Care Mental Health Service | \(southtynesidelifecyclementalhealth.nhs.uk\)](#)

Self Help Video's and Links

[Self Help | \(southtynesidelifecyclementalhealth.nhs.uk\)](#)



Young Minds – [www.youngminds.org.uk](http://www.youngminds.org.uk)

[Divorce & Young People's Mental Health | Parent Guide | YoungMinds](#)

Family action - [www.family-action.org.uk](http://www.family-action.org.uk)

[Family Action, Building stronger families \(family-action.org.uk\)](#)

Relate - [www.relate.org.uk](http://www.relate.org.uk)

[Help with separation & divorce – Counselling & Advice | Relate](#)

[Dealing with children's feelings and behaviour | Relate](#)

[Helping children live in two homes | Relate](#)

[www.nspcc.org.uk](http://www.nspcc.org.uk)

[Helping Your Child Cope with Your Divorce or Separation | NSPCC](#)

Anna Freud

[www.annafreud.org](http://www.annafreud.org)

Citizens Advice

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

[Deciding what to do when you separate - Citizens Advice](#)