"Can I even hug my best friend?"
"Am I gonna make my nanna sick?"
"How can I have fun in a face mask?"
"Where's it safe to go anyway?"
"Will I get judged by other people?"
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Really normal questions. In a really not normal year.

After a long period of living differently, lots of children are unsure how to get back to the things they used to do. If your child is worried, struggling or behaving differently and has a lot of questions about being back out in the world, Every Mind Matters is here to help you support your child's mental wellbeing.

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