Isolation for children and adults

Suggestions for isolation

Ideas for playing:
- Elternsein.info: Ideas for families | Elternsein.info (in German only)
- Pro Juventute: Creative games for at home (projuventute.ch) (in German, French, Italian)
- Spielschweiz – your gateway to the world of play… - Spielschweiz – the gateway to the world of play (in German only)
- Freizeit.ch: Ingenious ideas for variety at home – news – Freizeit.ch (in German only)
- Ideas from UNICEF: What can you do during the coronavirus pandemic? Keeping busy during lockdown | UNICEF (in German only)
- Klick-Tipps.net: Apps and websites for children | klick-tipps.net (in German only)

Tips for parents on the topic of media consumption:
During isolation, media consumption usually increases. Various cantons refer to points of contact on the subject of media use by children and young people as well as the problem of addiction:

- Pro Juventute: How much screen time is good for your child? (projuventute.ch) (in German, French, Italian)
- Suchtschweiz for support with addiction: Survival kit – for parents | Addiction and the coronavirus crisis (suchtschweiz.ch) (in German, French)
- MonAdo.ch: Screens - MonAdo (meinteenager.ch)

Points of contact for questions and concern

Parents
- Pro Juventute parent counselling 24/7 (Tel.: 058 261 61 61): Parent counselling around the clock (projuventute.ch) (in German, French, Italian)
- Elternnotruf 24/7 counselling for parents and families: Home - Elternnotruf (website in German and French, counselling also available in English)
- Pro Mente Sana: [Homepage | Pro Mente Sana | Strengthening your mental health](in German), [Homepage | Pro Mente Sana | Strengthening your mental health](in French)
- Counselling for mothers and fathers (regionally divided): [Schweizerischer Fachverband Mütter- und Väterberatung - Fachverband Mütter- und Väterberatung](sf-mvb.ch) (in German, French, Italian)
- Pro Familia Schweiz (regionally divided): [Families in times of the coronavirus crisis: offers, contact points and services - Pro Familia Schweiz](in German, French, Italian)
- School psychology services (regionally divided): [Schulpsychologie Schweiz](in German only)
- Dureschnufe: [Discover Swiss campaigns on mental health!](dureschnufe.ch) (in German only)
- Advisory services at hospitals (differ regionally)

Children and young people
- ciao.ch: [Site proving information, help and exchanges for 11 to 20 year olds - CIAO](in French only)
- Pro Juventute counselling 147: [Pro Juventute counselling for children and young people – 147.ch](in German, French, Italian)
- Kinderschutz Schweiz: [Reporting and information offices | Kinderschutz Schweiz](in German, French, Italian)
- Wie geht’s dir? [Discussion tips | Wie geht’s dir? (wie-gehts-dir.ch)] (in German), Comment-vas-tu? [Discussion tips | Comment vas-tu? comment-vas-tu.ch] (in French)
- Dureschnufe: [Discover Swiss campaigns on mental health!](dureschnufe.ch) (in German only)
- Kinderseele.ch: [What's the matter? - Institut Kinderseele Schweiz](in German only)
- Teachers
- Child and adolescent psychiatric services (varies regionally)
- Advisory services at children’s hospitals (varies regionally)

**Informative sites from the cantons on the issue of the coronavirus**

Informative websites:
- Bern: [Coronavirus – mental health](in German, French)
- Freiburg: [Everything about mental health](in German, French)
- Nidwalden: Mental health (in German only)
- St. Gallen: Information on tips for at home during times of the coronavirus | sg.ch (in German only)
- Zug: Coronavirus – caring for yourself and your family (in German only)
- Basel-Landschaft: For each other in Basel-Landschaft – baselland.ch (in German only)
- Solothurn: Conversation and support offers – population – canton Solothurn (in German only)
- Appenzell Innerrhoden: Advice and help — Appenzell Innerrhoden (ai.ch) (in German only)

Information on related legal bases

Information on isolation
Compensation measures for loss of earnings (in German, French, Italian)