

## COVID-19 AND MENTAL HEALTH

### Public Health England

COVID-19: Guidance for the public on mental health and wellbeing.

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

COVID-19: Guidance for parents and carers on supporting children and young people's mental health and wellbeing.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

### Every Mind Matters

Coronavirus and mental wellbeing hub with tips for anxiety, loneliness, dealing with change and more

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus/>

### Greater Manchester Combined Authority

Wellbeing and mental health during COVID-19: A guide to looking after yourself and others

<https://hub.gmhsc.org.uk/mental-health/wp-content/uploads/sites/6/2020/05/Wellbeing-and-mental-health-during-COVID-19.-A-guide-to-looking-after-yourself-and-others.pdf>

### Mental Health Foundation

Mental health tips for during the coronavirus pandemic

<https://www.mentalhealth.org.uk/coronavirus/mental-health-tips>

Facing a winter during the coronavirus pandemic: information about how you can support your mental health, and the wellbeing of your family and community.

<https://www.mentalhealth.org.uk/coronavirus/facing-winter-during-coronavirus-pandemic>

### Mind

Coronavirus and your wellbeing. Has sub-pages on 'Difficult feeling about the coronavirus pandemic' and 'Mask anxiety, face coverings and mental health'.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

### Rethink Mental Illness

Coronavirus and mental health advice hub.

<https://www.rethink.org/advice-and-information/covid-19-support/>

### Young Minds

Advice for young people on getting support for their mental health during the COVID-19 pandemic.

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

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### WHO

Helping children cope with stress during the COVID-19 pandemic

<https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf>

### Royal College of Psychiatrists

Information for young people and adults about dealing with anxiety during the pandemic

<https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/covid-19-and-mental-health/covid-19-and-mental-health>

### Psychological Tools

A guide to living with worry and anxiety amidst global uncertainty

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

