

## MULTILINGUAL INFORMATION

### Doctors of the World

Basic information on coronavirus translated into 60 languages, based on UK government advice and health information

<https://www.doctorsoftheworld.org.uk/coronavirus-information/>

Tips and advice for health and wellbeing in 27 languages

<https://www.doctorsoftheworld.org.uk/wellbeing-guidance/>

### Public Health England

Translated COVID-19 guidance in a range of languages

COVID-19: guidance for households with possible or confirmed coronavirus infection:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

COVID-19: guidance on shielding and protecting people defined on medical grounds as extremely vulnerable: <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

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>

### WHO

WHO Health Alert – Whatsapp messaging service providing the latest news and information.

Available in 15 different languages including Arabic, Hindi and Spanish

<https://www.who.int/news-room/feature-stories/detail/who-health-alert-brings-covid-19-facts-to-billions-via-whatsapp>

Coping with stress during COVID-19

[Arabic](#)

[Chinese](#)

[English](#)

[French](#)

[Russian](#)

[Spanish](#)

### Manchester City Council

COVID-19 community hub with links to information leaflets in several languages

<https://secure.manchester.gov.uk/info/500361/coronavirus/7985/covid-19-community-resource-hub>

### AskDoc

Videos about COVID-19 in different languages

<https://askdoc.org.uk/events/covid-19/>

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### **Mental Health Foundation**

How to look after your mental health during the coronavirus outbreak. Information translated into Arabic, French, Farsi, Somali, Tigrinya, Urdu and Welsh.

<https://www.mentalhealth.org.uk/coronavirus>

### **Psychological Tools**

A guide to living with worry and anxiety amidst global uncertainty, available in a range of languages.

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

### **Royal College of Psychiatrists**

Information on a range of mental health topics in other languages

<https://www.rcpsych.ac.uk/mental-health/translations>

### **UNICEF**

Tips for parenting during the coronavirus (COVID-19) outbreak. Available in French, Spanish, Arabic and Chinese.

<https://www.unicef.org/coronavirus/covid-19-parenting-tips>

### **Parenting for Lifelong Health**

COVID-19 parenting tips in a wide range of languages.

<https://www.covid19parenting.com/tips>