

## Current Available Mental Health and Wellbeing and COVID-19 Resources - 19<sup>th</sup> March 2020

Please find below a list of current resources that are available online to support Mental Health & Wellbeing as part of COVID-19 Response. A Y&H Resource page is currently being developed and will be added to as new resources become available.

Mental Health & Wellbeing and COVID-19 – Adults
<a href="#">COVID-19: Guidance for the public on mental health and wellbeing</a> - PHE
<a href="#">Every Mind Matters – Coronavirus and Mental Wellbeing</a> – PHE and NHSE
<a href="#">Looking After Your Mental Health during the Coronavirus Outbreak</a> - The Mental Health Foundation
<a href="#">Coronavirus and your Wellbeing</a> – MIND
<a href="#">My Whole Self – Supporting your mental health while working from home</a> – Mental Health First Aid
<a href="#">If you're worried about your mental health during the coronavirus outbreak</a> – Samaritans
<a href="#">Mental Health and Psychosocial Considerations During COVID-19 Outbreak</a> – WHO
<a href="#">Coping with Stress during the 2019 n-Cov Outbreak</a> - WHO
<a href="#">How to stay active while you're at home</a> – Sport England
<a href="#">Coronavirus Guidance</a> – Carers UK
<a href="#">Information about Coronavirus</a> – AGE UK
<a href="#">Easy Read guide to Coronavirus</a> – PHE
<a href="#">Coping during the pandemic</a> – Online Course – The Recovery College Online

<b>Mental Health &amp; Wellbeing and COVID-19 – Children &amp; Young People</b>
<a href="#">COVID-19 – Protecting Children &amp; Young People’s Mental Health</a> – CYP Mental Health Coalition
<a href="#">Helping Children Cope with Stress during 2019 n-Cov Outbreak</a> – WHO
<a href="#">Talking to your child about coronavirus</a> – Young Minds
<a href="#">Supporting schools &amp; colleges: A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption</a> – Anna Freud
There are also three videos, one for <a href="#">school staff</a> , one for <a href="#">parents</a> and one for <a href="#">children and young people</a> which may be useful.
<a href="#">Coping during the pandemic (Children 7-12)</a> – Online Course - The Recovery College Online
<b>General Health &amp; Wellbeing Resources</b>
<a href="#">Every Mind Matters</a> – NHS and PHE
<a href="#">Mood Assessment and Mental Wellbeing Audio Guides</a> – NHS
<a href="#">Tips for Everyday Living</a> – MIND

**Please contact Laura Hodgson, Health & Wellbeing Programme Manager, Public Health England Y&H on email [laura.hodgson@phe.gov.uk](mailto:laura.hodgson@phe.gov.uk), if you have any further resources you would like to share.**