

Mental wellbeing and keeping safe during the coronavirus outbreak: sources of advice and support

March 2020

There is no doubt that we are currently living through a hugely difficult time, so it's important that we take some time to reflect on how we are all feeling. It is completely normal to feel stressed and anxious in challenging times such as this and to feel this way does not mean we are failing. We have produced this resource with some links to sources of support which we hope you find useful.

General mental wellbeing advice

Mind – Coronavirus and your wellbeing

Samaritans – If you're worried about your mental health during the coronavirus outbreak

Mental Health Foundation – Looking after your mental health during the coronavirus outbreak

PHE Every Mind Matters – 10 tips to help if you are worried about coronavirus

World Health Organisation – Mental health and psychosocial considerations during COVID-19 outbreak

If you're struggling

If your mental or emotional state quickly gets worse at any time during the coronavirus outbreak, or you're worried about someone you know, you can seek urgent help or advice via the following links.

List of mental health helplines

Staying Safe – Staying safe from suicidal thoughts

Samaritans – Practical ways to help yourself cope

Children and young people

Young Minds – Talking to your child about coronavirus

Mental Health Foundation – Talking to your children about the coronavirus pandemic

World Health Organisation - Helping children cope with stress during the COVID-19 outbreak

Anna Freud Centre – Supporting young people’s mental health during times of disruption

BBC Newsround - Advice if you’re upset by the news

BBC Newsround – Advice if you’re worried about the coronavirus

Staying at home and self-isolation

Mind – Plan for staying at home or indoors

Mental Health Foundation – Looking after your mental health and wellbeing if you are staying home

PHE Every Mind Matters – Mental wellbeing while staying at home

CALM – Putting the social into social distancing

Papyrus – Practising self-care during times of uncertainty

Working from home

Mental Health at Work – Coronavirus and isolation: supporting yourself and your colleagues

Mind – Supporting yourself and your team

Mental Health Foundation – Looking after your mental health while working during the coronavirus outbreak

BBC News – Five ways to work well from home

Key workers

Mental Health UK – Managing your mental health as a key worker during the coronavirus outbreak

Headspace – Free access to Headspace meditation app for NHS staff for rest of the year

If someone is at immediate risk of suicide or injury through self-harm, treat it as an emergency and call 999.

www.stopsuicidenenc.org