

## 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

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

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[www.stopsuicidenenc.org](http://www.stopsuicidenenc.org)