














Corona Virus Support Resources linked to mental health

Organisation	Information	Link
Anxiety UK	<ul style="list-style-type: none"> • Helpline extended to 10pm weeknights 03444 775774 • Online support group register using support@anxiety.org.uk • Webinar on Youtube Channel 'Anxiety UK' 	https://www.anxietyuk.org.uk/coronanxiety-support-resources/
NHS Every Mind Matters	<ul style="list-style-type: none"> • Mental Wellbeing while staying at home 	https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/
Mental Health Foundation	<ul style="list-style-type: none"> • Looking after your mental health during the outbreak 	https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak
Dorset Health Care	<ul style="list-style-type: none"> • Information on how to cope with your mental health during the coronavirus. 	https://www.dorsethealthcare.nhs.uk/about-us/news-events/covid-19-coronavirus/mental-healthwellbeing-advice
Recovery College	<ul style="list-style-type: none"> • Online course 'Coping During the Pandemic' 	https://lms.recoverycollegeonline.co.uk/course/view.php?id=373
World Health Organisation	<ul style="list-style-type: none"> • Healthy Parenting during isolation at home 	https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting
World Health Organisation	<ul style="list-style-type: none"> • Mental Health & Psychosocial Considerations 	https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_8
Dorset Council	<ul style="list-style-type: none"> • Community Helpline 7 days a week 8am-8pm 01305 221022 or email communityresponse@dorsetcouncil.gov.uk • Help residents who need support during the outbreak • Advice on where to register to offer support 	https://www.dorsetcouncil.gov.uk/emergencies-severe-weather/emergencies/coronavirus/community-response/i-need-help-or-i-know-someone-who-needs-help-coronavirus-information.aspx
Mind	<ul style="list-style-type: none"> • Coronavirus and your wellbeing 	https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/
NHS Every Mind Matters	<ul style="list-style-type: none"> • 10 tips to help if you are worried about Coronavirus 	https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/


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Mindheart	<ul style="list-style-type: none"> Document explaining Coronavirus to kids 	 Covid-19 for kids .pdf
HelpGuide	<ul style="list-style-type: none"> Coronavirus anxiety Includes breathing exercise 	https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm
Get Self Help	<ul style="list-style-type: none"> CBT Self help and resources for therapy 	https://www.getselfhelp.co.uk/
Childline	<ul style="list-style-type: none"> Support for children being off school and help for worries about Coronavirus 	https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/
Age UK	<ul style="list-style-type: none"> Advice for older people 	https://www.ageuk.org.uk/information-advice/coronavirus/coronavirus/
Beat Eating Disorders	<ul style="list-style-type: none"> Eating Disorders & Coronavirus 	https://www.beateatingdisorders.org.uk/coronavirus
BPS	<ul style="list-style-type: none"> Psychological perspectives including some useful articles 	https://thepsychologist.bps.org.uk/volume-33/april-2020/coronavirus-psychological-perspectives
BBC	<ul style="list-style-type: none"> How to manage anxiety & OCD during the pandemic 	https://www.bbc.co.uk/news/av/health-51909368/coronavirus-how-to-manage-anxiety-and-ocd-during-the-pandemic?fbclid=IwAR2r6hSuBn8oMI5xTj7pL4NJqFSI2AqnhsmiqhQThbMxo1kHOMw5y-5Lymo
OCD UK	<ul style="list-style-type: none"> OCD & Coronavirus Survival Tips 	https://www.ocduk.org/ocd-and-coronavirus-survival-tips/
Macmillan	<ul style="list-style-type: none"> Health advice relating to Coronavirus for those with Cancer and Cancer survivors 	https://www.macmillan.org.uk/cancer-information-and-support/get-help/physical-help/cancer-and-coronavirus
Asthma UK	<ul style="list-style-type: none"> Health advice for those with Asthma relating to Coronavirus 	https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/
British Lung Foundation	<ul style="list-style-type: none"> Advice for those with lung conditions relating to Coronavirus 	https://www.blf.org.uk/support-for-you/coronavirus
Diabetes UK	<ul style="list-style-type: none"> Support & advice for those with Diabetes 	https://www.diabetes.org.uk/about_us/news/coronavirus
	<ul style="list-style-type: none"> Traffic Light System for Self-Isolation – Posters 	 Traffic Light Posters.pdf

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	<ul style="list-style-type: none"> • Postcard for neighbours to show support 	 Viral Kindness Postcard.pdf
	<ul style="list-style-type: none"> • Posters for pregnancy, over 70, symptoms or weak immunity 	 Covid-19 Poster.pdf  Pregnant Poster.pdf  Weak Immune System Poster.pdf  Over 70 Poster.pdf
Chatterpack	<ul style="list-style-type: none"> • List of resources for those at home including virtual tours, online learning, music etc. 	https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home
	<ul style="list-style-type: none"> • Isolation daily planner and tips 	 Isolation Daily Planner and Tips.pdf
Russ Harris ACT	<ul style="list-style-type: none"> • Face Covid – How to respond effectively to the Coronavirus crisis 	 FACE COVID - How to respond effectively
	<ul style="list-style-type: none"> • Staying well when social distancing pack 	 Staying Well when social distancing pack
NHS	<ul style="list-style-type: none"> • Poster on effective social distancing 	 Social Distancing.pdf
SABP	<ul style="list-style-type: none"> • Easy read social distancing story 	 Social Distancing Story.pdf
SABP	<ul style="list-style-type: none"> • Boredom busting ideas 	 Boredom busters.pdf

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SABP	<ul style="list-style-type: none">• Trauma informed care for people with learning disabilities	 Coronavirus trauma informed care.pdf
Blurt It Out	<ul style="list-style-type: none">• Coronavirus information available• Also, resources for depression, low mood, self-esteem etc.• Can sign up for a weekly email which a different topic each week	https://www.blurtitout.org/resource/the-coronavirus-helpful-hub/?mc_cid=aa41379941&mc_eid=4f3fabf22f