**Current Available Mental Health and Wellbeing and COVID-19 Resources - 19th 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.

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| **Mental Health & Wellbeing and COVID-19 – Adults** |
| [Looking After Your Mental Health during the Coronavirus Outbreak](https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak) - The Mental Health Foundation |
| [Coronavirus and your Wellbeing](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/) – MIND |
| [Mental Health and Psychosocial Considerations During COVID-19 Outbreak](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf) – WHO |
| [Coping with Stress during the 2019 n-Cov Outbreak](https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2) - WHO |
| [How to stay active while you’re at home](https://www.sportengland.org/news/how-stay-active-while-youre-home) – Sport England |
| [Coronavirus Guidance](https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19) – Carers UK |
| [Easy Read guide to Coronavirus](https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf) – PHE |
| **Mental Health & Wellbeing and COVID-19 – Children & Young People** |
| [Helping Children Cope with Stress during 2019 n-Cov Outbreak](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2) – WHO |
| [Talking to your child about coronavirus](https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/) – Young Minds |
| [Supporting schools & colleges: A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption](https://annafreud.us13.list-manage.com/track/click?u=aa2c9f8b722440e7e05bedb82&id=b6a9958dd5&e=58f0e0f449) There are also three videos, one for [school staff](https://annafreud.us13.list-manage.com/track/click?u=aa2c9f8b722440e7e05bedb82&id=3936df136b&e=58f0e0f449), one for [parents](https://annafreud.us13.list-manage.com/track/click?u=aa2c9f8b722440e7e05bedb82&id=12ffbbb354&e=58f0e0f449) and one for [children and young people](https://annafreud.us13.list-manage.com/track/click?u=aa2c9f8b722440e7e05bedb82&id=bfeb6149a3&e=58f0e0f449) which may be useful. |
| **General Health & Wellbeing Resources** |
| [Every Mind Matters](https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=Brand&gclid=Cj0KCQjw09HzBRDrARIsAG60GP_9IskDEYcO3hh1u7RoWSOgtS4f5tCYXLjPO3cfNTTJEpwM0NRwANkaAnQVEALw_wcB) – NHS and PHE |
| [Mood Assessment and Mental Wellbeing Audio Guides](https://www.nhs.uk/conditions/stress-anxiety-depression/) – NHS |
| [Tips for Everyday Living](https://www.mind.org.uk/information-support/tips-for-everyday-living/) – MIND |