

## 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](#) has been developed and will be added to as new resources become available. These resources do not necessarily reflect the policies or guidance of Public Health England and whilst we will try to ensure content is updated regularly, please be aware that we cannot guarantee that the most recent content is being linked to.

<b>Mental Health &amp; Wellbeing and COVID-19 – Adults</b>
<a href="#">COVID-19: Guidance for the public on mental health and wellbeing</a> - PHE
<a href="#">Public Mental Health and Wellbeing and COVID-19</a> – Local Government Association
<a href="#">Every Mind Matters – Coronavirus and Mental Wellbeing</a> – PHE and NHSE
<a href="#">Every Mind Matters Digital Assets</a> – Campaign Resource Centre - 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="#">Coronavirus Guidance</a> – Carers UK
<a href="#">Information about Coronavirus</a> – AGE UK
<a href="#">Easy Read guide to Coronavirus</a> – PHE
<a href="#">Covid 19: Advice for people severely affected by mental illness &amp; their carers</a> – Rethink Mental Illness
<a href="#">Coping during the pandemic</a> – Online Course – The Recovery College Online

## Mental Health & Wellbeing and COVID-19 – Children & Young People

[COVID-19: Guidance on supporting children and young people's mental health and wellbeing - PHE](#)

[Children's Guide to Coronavirus](#) – The Children's Commissioner for England

[COVID-19 – Protecting Children & Young People's Mental Health](#) – CYP Mental Health Coalition

[Helping Children Cope with Stress during 2019 n-Cov Outbreak](#) – WHO

[Talking to your child about coronavirus](#) – Young Minds

[How to talk to your children about Covid-19](#) – Anxiety UK

[Understanding Coronavirus](#) – Under 25's – The Mix

[Supporting schools & colleges: A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption](#) – Anna Freud

There are also three videos, one for [school staff](#), one for [parents](#) and one for [children and young people](#) which may be useful.

[Coronavirus Teaching Resources](#) – The British Red Cross

[Coping during the pandemic \(Children 7-12\)](#) – Online Course - The Recovery College Online

## General Health & Wellbeing Resources

[Every Mind Matters](#) – NHS and PHE

[Mood Assessment and Mental Wellbeing Audio Guides](#) – NHS

[Tips for Everyday Living](#) – MIND

[Children and Young People's Mental Health](#) – Online Course – MindEd