














## Corona Virus Support Resources linked to mental health

Organisation	Information	Link
Anxiety UK	<ul style="list-style-type: none"> <li>• Helpline extended to 10pm weeknights <a href="tel:03444775774">03444 775774</a></li> <li>• Online support group register using <a href="mailto:support@anxiety.org.uk">support@anxiety.org.uk</a></li> <li>• Webinar on Youtube Channel 'Anxiety UK'</li> </ul>	<a href="https://www.anxietyuk.org.uk/coronanxiety-support-resources/">https://www.anxietyuk.org.uk/coronanxiety-support-resources/</a>
NHS Every Mind Matters	<ul style="list-style-type: none"> <li>• Mental Wellbeing while staying at home</li> </ul>	<a href="https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/">https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/</a>
Mental Health Foundation	<ul style="list-style-type: none"> <li>• Looking after your mental health during the outbreak</li> </ul>	<a href="https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak">https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak</a>
Dorset Health Care	<ul style="list-style-type: none"> <li>• Information on how to cope with your mental health during the coronavirus.</li> </ul>	<a href="https://www.dorsethealthcare.nhs.uk/about-us/news-events/covid-19-coronavirus/mental-healthwellbeing-advice">https://www.dorsethealthcare.nhs.uk/about-us/news-events/covid-19-coronavirus/mental-healthwellbeing-advice</a>
Recovery College	<ul style="list-style-type: none"> <li>• Online course 'Coping During the Pandemic'</li> </ul>	<a href="https://lms.recoverycollegeonline.co.uk/course/view.php?id=373">https://lms.recoverycollegeonline.co.uk/course/view.php?id=373</a>
World Health Organisation	<ul style="list-style-type: none"> <li>• Healthy Parenting during isolation at home</li> </ul>	<a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting">https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting</a>
World Health Organisation	<ul style="list-style-type: none"> <li>• Mental Health &amp; Psychosocial Considerations</li> </ul>	<a href="https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_8">https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_8</a>
Dorset Council	<ul style="list-style-type: none"> <li>• Community Helpline 7 days a week 8am-8pm 01305 221022 or email <a href="mailto:communityresponse@dorsetcouncil.gov.uk">communityresponse@dorsetcouncil.gov.uk</a></li> <li>• Help residents who need support during the outbreak</li> <li>• Advice on where to register to offer support</li> </ul>	<a href="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">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</a>
Mind	<ul style="list-style-type: none"> <li>• Coronavirus and your wellbeing</li> </ul>	<a href="https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/</a>
NHS Every Mind Matters	<ul style="list-style-type: none"> <li>• 10 tips to help if you are worried about Coronavirus</li> </ul>	<a href="https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/">https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/</a>


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Mindheart	<ul style="list-style-type: none"> <li>Document explaining Coronavirus to kids</li> </ul>	 Covid-19 for kids .pd
HelpGuide	<ul style="list-style-type: none"> <li>Coronavirus anxiety</li> <li>Includes breathing exercise</li> </ul>	<a href="https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm">https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm</a>
Get Self Help	<ul style="list-style-type: none"> <li>CBT Self help and resources for therapy</li> </ul>	<a href="https://www.getselfhelp.co.uk/">https://www.getselfhelp.co.uk/</a>
Childline	<ul style="list-style-type: none"> <li>Support for children being off school and help for worries about Coronavirus</li> </ul>	<a href="https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/">https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/</a>
Age UK	<ul style="list-style-type: none"> <li>Advice for older people</li> </ul>	<a href="https://www.ageuk.org.uk/information-advice/coronavirus/coronavirus/">https://www.ageuk.org.uk/information-advice/coronavirus/coronavirus/</a>
Beat Eating Disorders	<ul style="list-style-type: none"> <li>Eating Disorders &amp; Coronavirus</li> </ul>	<a href="https://www.beateatingdisorders.org.uk/coronavirus">https://www.beateatingdisorders.org.uk/coronavirus</a>
BPS	<ul style="list-style-type: none"> <li>Psychological perspectives including some useful articles</li> </ul>	<a href="https://thepsychologist.bps.org.uk/volume-33/april-2020/coronavirus-psychological-perspectives">https://thepsychologist.bps.org.uk/volume-33/april-2020/coronavirus-psychological-perspectives</a>
BBC	<ul style="list-style-type: none"> <li>How to manage anxiety &amp; OCD during the pandemic</li> </ul>	<a href="https://www.bbc.co.uk/news/av/health-51909368/coronavirus-how-to-manage-anxiety-and-ocd-during-the-pandemic?fbclid=IwAR2r6hSuBn8oMI5xTj7pL4NJqFSI2AqnhsmighqThbMxo1kHOMw5y-5Lymo">https://www.bbc.co.uk/news/av/health-51909368/coronavirus-how-to-manage-anxiety-and-ocd-during-the-pandemic?fbclid=IwAR2r6hSuBn8oMI5xTj7pL4NJqFSI2AqnhsmighqThbMxo1kHOMw5y-5Lymo</a>
OCD UK	<ul style="list-style-type: none"> <li>OCD &amp; Coronavirus Survival Tips</li> </ul>	<a href="https://www.ocduk.org/ocd-and-coronavirus-survival-tips/">https://www.ocduk.org/ocd-and-coronavirus-survival-tips/</a>
Macmillan	<ul style="list-style-type: none"> <li>Health advice relating to Coronavirus for those with Cancer and Cancer survivors</li> </ul>	<a href="https://www.macmillan.org.uk/cancer-information-and-support/get-help/physical-help/cancer-and-coronavirus">https://www.macmillan.org.uk/cancer-information-and-support/get-help/physical-help/cancer-and-coronavirus</a>
Asthma UK	<ul style="list-style-type: none"> <li>Health advice for those with Asthma relating to Coronavirus</li> </ul>	<a href="https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/">https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/</a>
British Lung Foundation	<ul style="list-style-type: none"> <li>Advice for those with lung conditions relating to Coronavirus</li> </ul>	<a href="https://www.blf.org.uk/support-for-you/coronavirus">https://www.blf.org.uk/support-for-you/coronavirus</a>
Diabetes UK	<ul style="list-style-type: none"> <li>Support &amp; advice for those with Diabetes</li> </ul>	<a href="https://www.diabetes.org.uk/about_us/news/coronavirus">https://www.diabetes.org.uk/about_us/news/coronavirus</a>
	<ul style="list-style-type: none"> <li>Traffic Light System for Self-Isolation – Posters</li> </ul>	 Traffic Light Posters.pdf

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

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