

Resources for supporting Mental Health in the Covid-19 Pandemic

Updated 24/3/20. Collated by Rob Moore, BaNES Recovery

New additions since last time highlighted

This is a collation resources from external sources that have been recommended by clinicians. While I have briefly reviewed each one, the content and providers have not been vetted. Please use your professional judgment when accessing and recommending these as I can not vouch for the accuracy or appropriateness of the content.

Covid-19: General Information

Coronavirus (COVID-19): what you need to do	https://www.gov.uk/coronavirus	Government website The source of official information for you and to signpost others to includes info on: <ul style="list-style-type: none"> - Protecting yourself and others including social distancing & isolation periods - Guidance for supported living, care homes etc - Guidance for NHS & Social Care - Impact on benefits, courts, education - travel
Coronavirus (COVID-19)	https://www.nhs.uk/conditions/coronavirus-covid-19/	Official NHS website The source of official information NHS information Overview about what to do and advice about staying at home
The Coronavirus Explained & What You Should Do	https://www.youtube.com/watch?v=BtN-goy9VOY&feature=youtu.be	You Tube explains the concept of distancing and isolating Free

Covid-19: Mental Health in the Workplace


Wellbeing Resource Library	https://www.ics.ac.uk/ICS/Education/Wellbeing/ICS/Wellbeing.aspx	Intensive Care Society website Wellbeing resource pack useful for self-care and support and supervision of staff. Poster series aims to improve understanding of psychological wellbeing at work, the impact reduced wellbeing can have and what we can do in response It prompts the reader(s) to consider: <ul style="list-style-type: none"> • Tips for approaching self-care • How to manage personal wellbeing • What we can do to improve our workplace • When to ask for help
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Managing your mental health: Covid-19 related

<p><i>Living with worry and anxiety amidst global uncertainty</i></p>	<p>https://4648dcw4pye15w61x1reklps-wpengine.netdna-ssl.com/assets/covid-19/guide to living with worry and anxiety amidst global uncertainty en-gb.pdf</p>	<p>Psychology Tools booklet A mixture of psychoeducation about normal and excessive worry, lots of normalization, and a selection of practical exercises that you, your clients, or anyone can use to manage worry and maintain well-being in these uncertain times</p> <p>Free</p>
<p><i>Coronavirus and your wellbeing</i></p>	<p>https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse48e06</p>	<p>Mind Website Wide ranging advice about managing your mental health while staying at home</p> <p>Free</p>
<p><i>Coronavirus anxiety: how to cope if you're feeling anxious about the outbreak</i></p>	<p>https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/</p>	<p>BACP webpage Guidance around managing anxiety -</p> <p>Free</p>
<p><i>Coronavirus: How to protect your mental health</i></p>	<p>https://www.bbc.co.uk/news/health-51873799</p>	<p>BBC News Webpage Advice to limit checking of news and video tips on managing anxiety and OCD during the coronavirus pandemic</p> <p>Free</p>
<p><i>Coronavirus: how to cope with anxiety and self isolation</i></p>	<p>https://www.theguardian.com/world/video/2020/mar/19/coronavirus-how-to-cope-with-anxiety-and-self-isolation-video-explainer?CMP=Share iOSApp Other</p>	<p>Guardian Website Coronavirus: how to cope with anxiety and self-isolation – video explainer</p> <p>Free</p>
<p><i>Coronavirus Special: Dr Rangan Chatterjee</i></p>	<p>https://drchatterjee.com/coronavirus-special-how-to-manage-anxiety-in-the-face-of-a-global-pandemic/</p>	<p>Podcast Behavioural neuroscientist and psychiatrist, Dr. Judson Brewer about how you can manage your anxiety around Coronavirus.</p> <p>Free</p>
<p><i>Coronavirus Sanity Guide</i></p>	<p>https://www.tenpercent.com/coronavirus/sanityguide</p>	<p>Website Practical, actionable ways of coping with stress, fear, and anxiety. The meditations, podcasts, blog posts, and talks on this page will help you build resilience and find some calm amidst the chaos. adding more resources as they're created</p> <p>Free</p>
<p><i>Weathering the storm</i></p>	<p>Headspace App - Download from AppStore or Google Play</p>	<p>Headspace App Weathering the storm – a free collection on Headspace app for Covid-19. It includes meditations, sleep, and movement exercises to help you out, however you're feeling.</p> <p>Free</p>

Headspace	https://www.headspace.com/covid-19	Headspace Website A few audio meditations & Link to offer of free access to Headspace for all teachers, school administrators, and supporting staff Free
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Managing mental health: in general but relevant

<i>Distress tolerance skills workbook</i>	 Distress Tolerance Skills Workbook v3.pc	Skills workbook: managing distress and difficult emotions during times of crisis Distress tolerance skills to work through with service users
<i>De-Mystifying Mindfulness</i>	https://www.coursera.org/learn/minfulness#enroll	25hr Online course De-Mystifying Mindfulness Next one starts 13 april Free to access most of course will need to pay to complete assignments and get certificate
<i>Turn to Me</i>	https://www.turn2me.ie/	Turn to Me. Irish website Articles, podcasts, advice, online support groups Covering anxiety, depression, suicidality, stress management etc Free articles/resources/support groups
<i>Live Life to the Full</i>	www.lttf.com	Live Life to The Full. Website Online CBT courses etc, mostly paid for but some free resources
<i>Mind Re-Make Project</i>	https://mindremakeproject.org/2018/11/12/free-printable-pdf-workbooks-manuals-and-self-help-guides/	Mind Re-Make Project. Website An incredible resource list of over 200 PDF workbooks, manuals, and guidebooks to use with clients and/or for self-help purposes. Covers a wide range of MH issues. US based website also has a lot more to explore Free
<i>ways to sleep when you're anxious</i>	https://www.theguardian.com/lifeandstyle/2020/mar/22/regulate-your-breathing-and-four-other-ways-to-sleep-when-youre-anxious?CMP=Share_iOSApp_Other	Guardian Website Regulate your breathing – and four other ways to sleep when you're anxious Free

Managing self-isolation

Coronavirus and your wellbeing	https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/	Mind website Plan for staying at home or indoors Take care of your mental health and wellbeing Checklist: are you ready to stay at home? Free
Virtual Museums:	https://artsandculture.google.com/	Google Access to all sorts of Arts and culture online Free
Virtual Museums & Art Galleries:	https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours?CMP=Share_AndroidApp_Gmail	Guardian Website List of 10 of the world's best virtual museum and art gallery tours Free
British Museum Interactive Timeline:	https://britishmuseum.withgoogle.com/	Website Explore museum collection through a timeline Free
Monterey Bay Aquarium Live Stream:	https://www.montereybayaquarium.org/animals/live-cams	Live stream of cute animals Free
San Diego Zoo Live Stream:	https://zoo.sandiegozoo.org/live-cams	Live stream of cute animals Free
Open Culture	https://www.openculture.com/	Website Huge library of books, films and music Free
Royal Opera House	https://www.roh.org.uk/news/the-royal-opera-house-launches-a-programme-of-free-online-content-for-the-culturally-curious-at-home	Website Today we begin the rollout of this free programme of curated content. Including productions offered on demand and for free via the ROH's Facebook and YouTube channels
Coursera	https://www.coursera.org/	Website free access to over 3,800 courses from leading universities and companies Free
Class Central	https://www.classcentral.com/report/new-courses-october-2018/	Website free online university courses Free
Do Think Share	https://dothinkshare.com/	Website creative activities for individuals and groups Free
Spotify	www.spotify.com	podcasts and music Free (with ads)
Amazon Prime, Netflix, Audible		Free trial periods available – remember to cancel before trial period is up
Down Dog,	Download from AppStore or Google	Apps

Yoga for Beginners, HIIT, Barre, and 7 Minute Workout	Play	For yoga, HIIT etc. They have all levels from beginners to advanced and you can choose the length of your practice. currently free until 1 st April. Free access until July 1st for all students and teachers
Yoga with Adrienne	https://www.youtube.com/user/yogawithadriene	YouTube Channel Lots of free yoga sessions from everyones favourite online yoga teacher Free

Parenting and Covid-19

How to talk to your child about coronavirus	https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19	UNICEF website <i>8 tips to help comfort and protect children.</i> Free
Talking to children about coronavirus	https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf	British Psychological Society guidance 1 page, 5 points Free
My name is coronavirus	https://www.mindheart.co/descargas	.pdf file on website short book to support and reassure our children, under the age of 7, regarding the COVID-19. This book is an invitation for families to discuss the full range of emotions arising from the current situation Free
What is the coronavirus	https://littlepuddins.ie/	.pdf file on website Explainer for children with autism Free
Before you react	 TIPS TO STAY CALM.docx	Poster: 5 steps to calm before reacting
Supporting parents and carers through disruption	https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be	Anna Freud Centre This video provides guidance to parents and carers about how they can help children and young people manage their mental health and wellbeing during any disruption caused by the Coronavirus. Free
Supporting young people through disruption	https://www.youtube.com/watch?v=ME5IZn4-BAk&feature=youtu.be	Anna Freud Centre Advice for young people about managing their mental health and wellbeing during the coronavirus situation

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	https://wakelet.com/wake/564d7bc8-4bc9-462f-a9e1-2deb03150c3	Liverpool CAMHS resource
<i>Coronavirus: Helpful information to answer questions from children</i>	https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/	Place2Be Webpage Guide to helping parents answer questions from their children and to support family wellbeing: Free
<i>Talking to your child about coronavirus</i>	https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/	Young Minds website - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: Free
<i>Calming Coronavirus anxiety in children (and everyone else)</i>	https://www.specialneedsjungle.com/calming-coronavirus-anxiety-children-everyone-else/	Special Needs Jungle has produced this useful article Free
<i>P.E. With Joe</i>	https://www.youtube.com/thebodycoach	You Tube Channel Live 30min P.E. for kids every 9am (a million people live streamed today) Free

Carers and Coronavirus

<i>Coronavirus guidance</i>	https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19	Carers UK Website Guidance for carers Free

Covid-19: Mutual Aid

<i>Covid-19 Mutual Aid UK</i>	https://covidmutualaid.org/	Covid Mutual Aid UK Website a group of volunteers supporting local community groups organising mutual aid throughout the Covid-19 outbreak in the UK. We focus on providing resources and connecting people to their nearest local groups, willing volunteers and those in need Free
<i>Self Organising a Coronavirus fight back</i>	https://thebristolcable.org/2020/03/self-organising-coronavirus-fight-back/	Bristol Cable Website Article about mutual aid groups Free

Rally Round Me	https://rallyroundme.com/	Website for online tool Allows family members, friends and carers to organise support for someone they care about. Features like the To-do list, email and text Notifications and the Noticeboard keep everyone in the loop Free for Covid-19
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Looking after yourself during COVID-19: advice for healthcare workers

It is normal to feel under pressure in the current situation. It doesn't mean you can't do your job or that you are weak.

You may feel stressed for many reasons such as

- the amount of work
- being uncertain about the future
- having to make difficult decisions about patients' care
- worrying about taking the virus home with you and infecting others
- less contact with family and friends

Stress can lead to

- feeling overwhelmed
- finding it difficult to think clearly
- feeling exhausted
- tension in working relationships

This is a marathon and not a sprint. To make it to the finish line you need to look after both your physical and mental health. You can't look after your patients unless you look after yourself. So...

Take care of yourself

- Take regular breaks and find time to unwind between shifts
- Get enough sleep
- Eat enough healthy food
- Exercise regularly

Be kind to yourself

- Make room for your feelings - feeling upset or worried is not a sign of weakness
- Think about how you usually cope at times of stress and use these strategies
- Recognise and give yourself credit for all that you are doing

Stay connected

- Keep in touch with family and friends – by phone or social media if necessary
- Check how your colleagues are doing and support each other
- Recognise that different people will cope in different ways

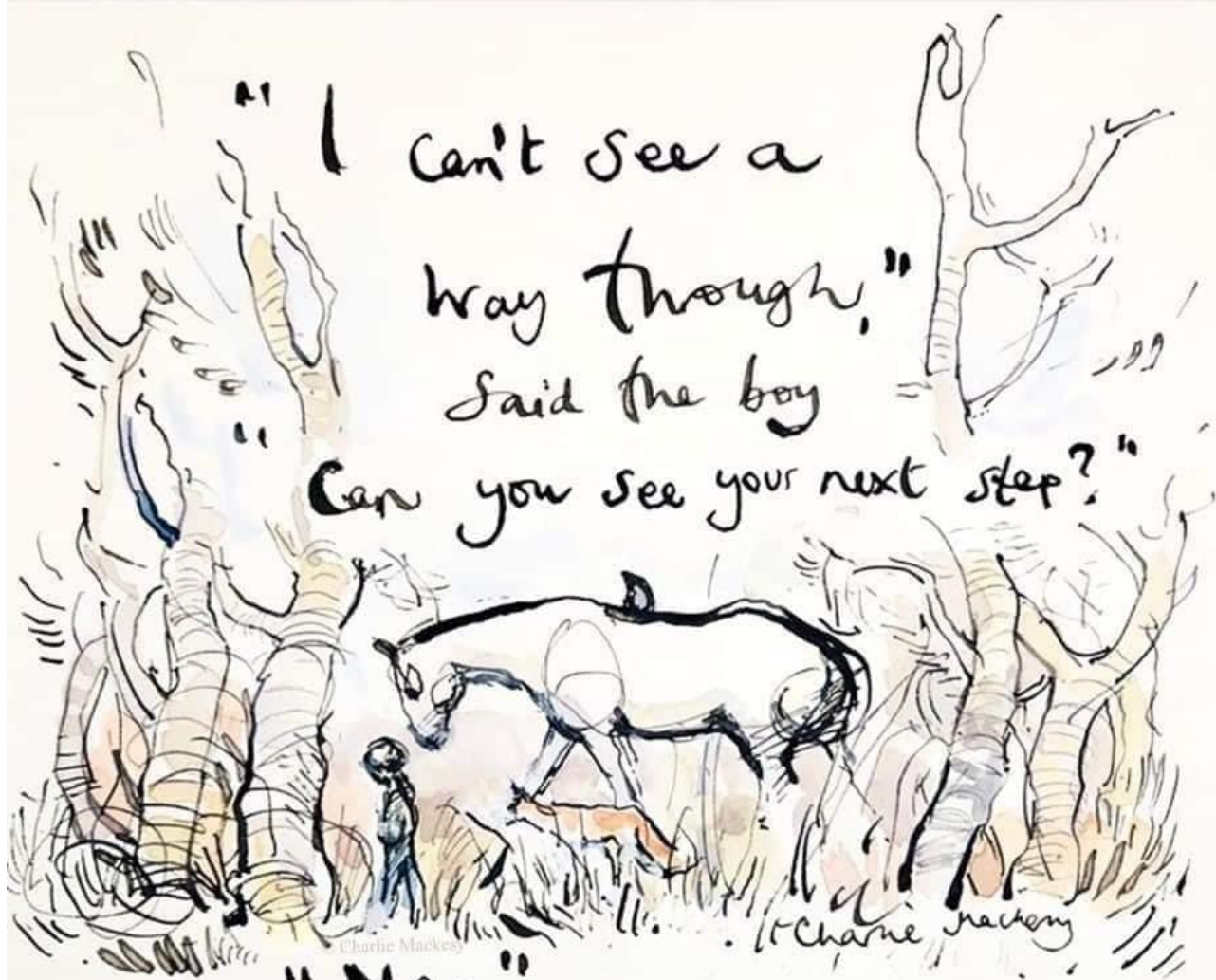
Manage information

- Too much information can be overwhelming. Keep work-related COVID updates to key times. Take breaks from watching, reading or listening to news
- Obtain information from trusted sources and focus on facts not speculation

Avoid using tobacco, alcohol and drugs to cope

Make use of available support

"I can't see a
way through,"
said the boy
"Can you see your next step?"



"Yes"
"Just take that," said
the horse