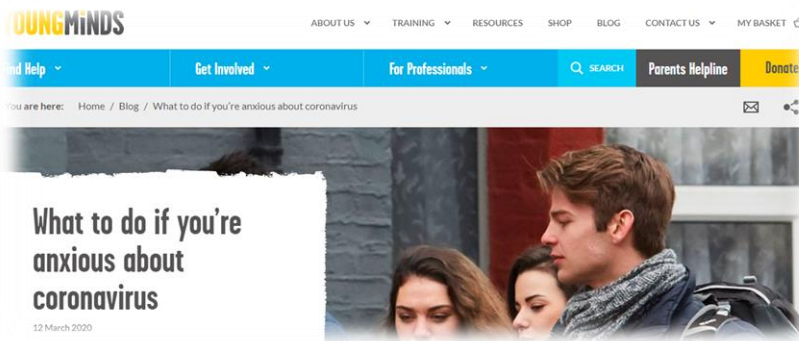


Links & signposting COVID-19

The Mental Health Foundation offers some great information and advice about how to look after your mental health during the coronavirus outbreak. Find out more here:

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

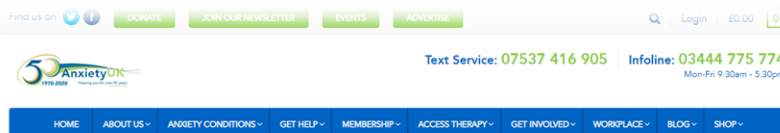


Young Minds has some blogs and tips on how to look after your wellbeing. Find out more here:

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Student Minds offers support and links to find out more about coronavirus and mental health. Find out more here:

<https://www.studentminds.org.uk/coronavirus.html>



HEALTH AND OTHER FORMS OF ANXIETY AND CORONAVIRUS

6th March 2020 / Uncategorized / No Comments

The constant new barrage of developments regarding the current outbreak of COVID-19 (also known as coronavirus) can cause particular challenges for people living with anxiety, stress and/or anxiety-based depression especially those that have health anxiety and/or Obsessive Compulsive Disorder – OCD.

Whilst there's plenty of advice on how to protect yourself and limit the risk of exposing yourself to the virus, little has been said about the effect a problem of this nature – can have on our mental health and specifically those who have pre-existing mental health issues such as anxiety disorders.

It is well established that for many that live with anxiety, a common characteristic is that of having an ability to tolerate uncertainty. The current situation with coronavirus has clearly created a lot of uncertainty which might be difficult for those

Anxiety UK has lots of information and guidance about managing different forms of anxiety during the coronavirus outbreak. Find out more here:

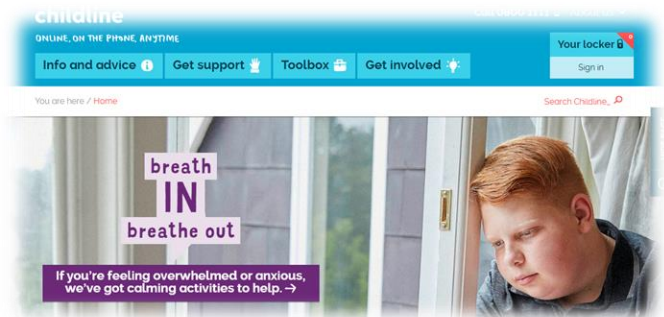
<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

Links & signposting

Young peoples mental health

Childline supports children and young people who are struggling both online and over the phone. Find out more here:

www.childline.org.uk/



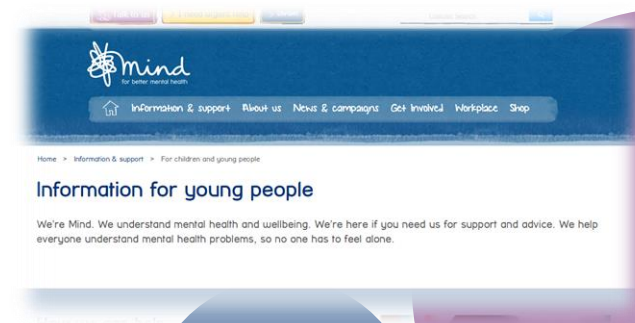
The Mix is a great source of support for young people around mental health and wellbeing. Find out more here:

www.themix.org.uk/



Mind has some fantastic information and resources for helping young people to cope. Find out more here:

www.mind.org.uk/information-support/for-children-and-young-people/



Papyrus offers support and a helpline called 'Hopeline' for young people in crisis and needing immediate support. Find out more here:

www.papyrus-uk.org

