

Links & signposting COVID-19

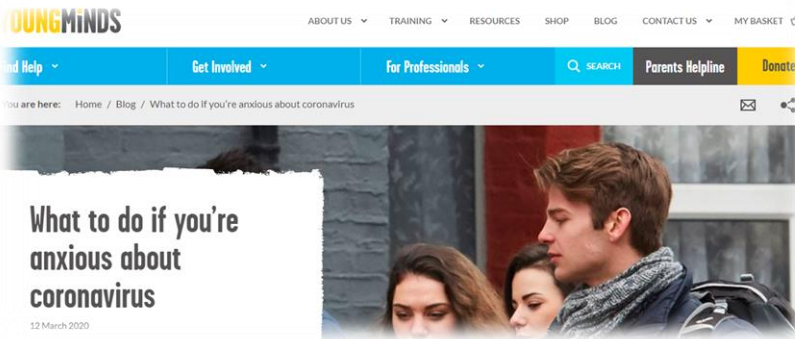
The Mental Health Foundation offers some great information and advice about how to look after your mental health during the coronavirus outbreak. Find out more here:

<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/>



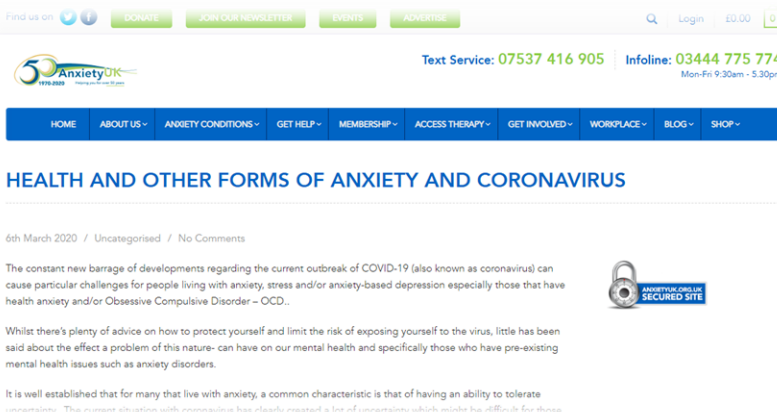
Student Minds offers support and links to find out more about coronavirus and mental health. Find out more here:

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



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/>

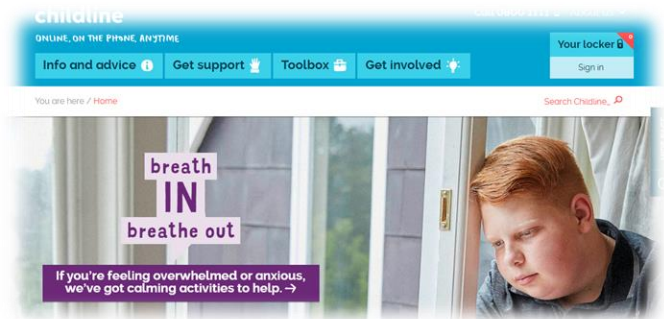


Links & signposting

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/



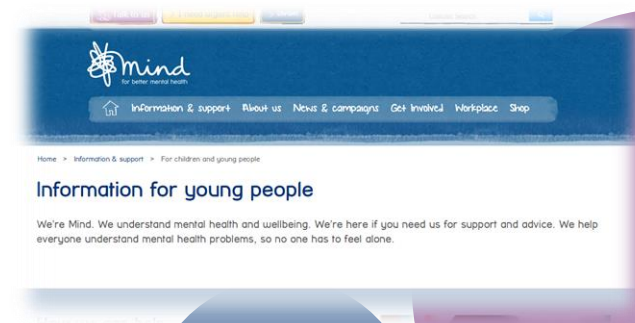
The Mix is a great source of support for young people around mental health and wellbeing. Find out more here:

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

