Links & signposting COVID-19

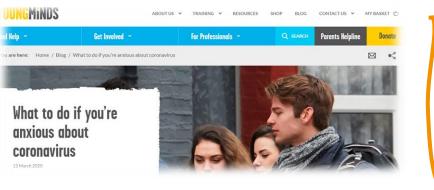


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The Mental Health Foundation offers some great information and advice about how to look after your mental health during the coronavirus outbreak. Find out more here:

https://www.mentalhealth.org.uk/publications /looking-after-your-mental-health-duringcoronavirus-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-anxiousabout-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

tudent minds

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Resources Coronavirus

dated: 18th March 2020, 15:30

e understand that the outbreak of COVID-19 can create worry and distress for people in the university community. At Student Minds we are collating guidance and to support you with this. We hope to update this page regu tion as it be

Text Service: 07537 416 905 Infoline: 03444 775 774

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HEALTH AND OTHER FORMS OF ANXIETY AND CORONAVIRUS

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The constant new barrage of developments regarding the current outbreak of COVID-19 (also known as corona 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..



It is well established that for many that live with anxiety, a common characteristic is that of having an ability to tolerate

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/b log/health-and-other-forms-ofanxiety-and-coronavirus/

Links & signposting Young peoples mental health



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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:

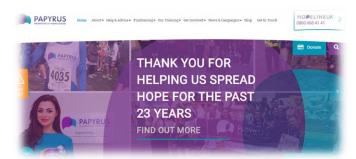
www.mind.org.uk/information-support/forchildren-and-young-people/ Amind

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Information for young people

We're Mind. We understand mental health and wellbeing. We're here if you need us for support and advice. We help everyane understand mental health problems, so no one has to feel alone.



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