

COVID-19 Resources for Mental Health

Website	Description
<u>NHS Inform: Covid-19 Information</u>	Latest guidance about COVID-19 from NHS Scotland and the Scottish Government, including mental health, social distancing and stay at home advice.
<u>Mental Health Foundation: Coronavirus Information</u>	General advice on how to look after your mental health during Covid-19
<u>World Health Organisation: Covid-19 Mental Health Considerations</u>	WHO guidance on mental health considerations during Covid 19
<u>Thrive Newsletter</u>	The Thrive Edinburgh Newsletter includes information on staying safe and connection, 5 ways to wellbeing, and looking after your mental health during Covid-19.
<u>EdSpace: Covid-19 Service Updates</u>	Edinburgh's online source of mental health and wellbeing information with Covid 19 service updates and online resources
<u>Health in Mind: Covid-19 Resources</u>	Health in Mind local resources during Covid 19
<u>UK Government Covid-19 Mental Health Guidance</u>	Advice covering general mental health and advice for specific mental health conditions.
<u>Scottish Government Guidance: Covid-19</u>	General Covid 19 guidance
<u>Mind: Coronavirus and your wellbeing</u>	Mental health charity Mind (in England) has a lot of online resources for support during Covid-19
<u>Scottish Council for Voluntary Organisations</u>	Support during Covid19 in your area: <ul style="list-style-type: none"> • Emotional/social support • Food/grocery delivery • Transportation • Information and advice
<u>Safe Lives: Covid 19 and Domestic Abuse</u>	Resources to help families living with domestic abuse through Covid 19
<u>Staying well while social distancing</u>	Advice developed by NHS Lothian Occupational Therapists
<u>Mental Health Foundation: Random Acts of Kindness</u>	Advice on helping others and staying in touch during Covid 19
<u>Covid-19: Advice for supporting children and young people</u> Created by NHS Health Scotland, COSLA, Royal College Psychiatrists, Youthlink Scotland, Young Scot	Advice for supporting children, young people and their families during COVID-19
<u>Mental Health Foundation: Talking to your Children about Scary World News</u>	Talking to children about Covid 19

Young Scot: Coronavirus Information	
Child Mind: Talking to your Kids about the Coronavirus	
BBC News: Managing the news during Covid-19	Advice on managing the news during Covid 19
SAMH: Coronavirus and your Mental Wellbeing	General advice and resources on keeping you informed and protecting your mental health

Activities that may be useful during Covid-19 to manage symptoms and practice relaxation:

Activities	Description
Headspace: Covid-19	Free mindfulness exercises relevant to the Covid 19 situation
Mental Health Apps	A link for a list of NHS approved apps that may be helpful.
Face Covid: How to respond effectively to the Corona Crisis	'FACE COVID' is a set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT). It was developed by Dr. Russ Harris, the author of 'The Happiness Trap'.
Anxiety Self-Help Guide; NHS Inform	This guide aims to help you to find out if you have symptoms of anxiety, understand more about anxiety and find ways to manage or overcome anxiety This guide is designed to help with general anxiety symptoms.
Depression Self-Help Guide; NHS Inform	This guide aims to help you: <ul style="list-style-type: none"> •find out if you could have symptoms of depression •understand more about depression •find ways to manage or overcome depression <p>This guide is based on Cognitive Behavioural Therapy (CBT). CBT helps you to examine how you think about your life, and challenge negative automatic thoughts to free yourself from unhelpful thought and behaviour patterns.</p>
Problem Solving Self-Help Guide; NHS Inform	This guide provides step-by-step advice on how to solve problems and gives you a set of skills to help manage problems in the future This guide is based on Cognitive Behavioural Therapy (CBT). CBT helps you to examine how you think about your life, and challenge negative automatic thoughts to free yourself from unhelpful thought and behaviour patterns.
Tolerating Distress Workbook and Information Sheets	Self-help guide to help you recognise symptoms and work on strategies that may be helpful in managing symptoms.

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Mind: Relaxation	Mind has created a relaxation animation and a list of helpful tips for relaxation.
Mind: Distraction Games and Puzzles	Here are some distraction games and puzzles collated by Mind for when your feelings become overwhelming.