

Mental Health and Isolation

Further reading & useful resources:

Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19), PHE, 2020

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

COVID-19: guidance on supporting children and young people's mental health and wellbeing, PHE, 2020

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Stay at home: guidance for households with possible coronavirus (COVID-19) infection, PHE, 2020

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Coronavirus anxiety: how to cope if you're feeling anxious about the outbreak, British Association for Counselling and Psychotherapy

<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/>

Anxiety, fear and panic, NHS

<https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic/>

What to do if you're anxious about coronavirus, YoungMinds

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

Advice for everyone - Coronavirus (COVID-19), NHS

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

BPS highlights importance of talking to children about Coronavirus, The British Psychological Society

<https://www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus>