**Resources for mental health and well-being during the Covid-19 (Coronavirus) outbreak**

**Resources for medical professionals**

NHS Practitioner Health has developed frontline wellbeing support during COVID-19.

<https://www.practitionerhealth.nhs.uk/covid-19-workforce-wellbeing>

The BMA offers **Counselling and peer support for doctors and medical students**

Confidential 24/7 counselling and peer support services open to all doctors and medical students on 0330 123 1245 or via the online portal.

<https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/counselling-and-peer-support-for-doctors-and-medical-students>

NHS Employers information regarding access to well-being apps <https://www.nhsemployers.org/news/2020/03/free-access-to-wellbeing-apps-for-all-nhs-staff>

E-Learning for Health Training Modules - Looking after yourself

<https://portal.e-lfh.org.uk/Catalogue/Index?HierarchyId=0_45016_45125_45552_45553&programmeId=45016>

Academy of Medical Royal Colleges advice regarding sleep during the Coronavirus outbreak <https://www.aomrc.org.uk/wp-content/uploads/2020/04/Sleep-in-the-Time-of-COVID19-by-Dr-Mike-Farquhar-Consultant-Children-Sleep-Medicine-.pdf>

The World Health Organisation (WHO) has published WHO Mental Health Considerations During COVID-19. <https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

The Royal College of Nurses has guidance on self-care during COVID-19 and a counselling service. <https://www.rcn.org.uk/get-help/member-support-services/counselling-service/covid-19-and-your-mental-wellbeing>

**Resources for staff**

NHS Employers has developed resources to support staff wellbeing during the COVID-19 pandemic. <https://www.nhsemployers.org/covid19/health-safety-and-wellbeing>

**Resources for the general public**

MIND UK and Every Mind Matters have published specific resources in the context of COVID-19. <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

The World Health Organisation have produced an excellent easy to read single side guide to coping with stress during the Coronavirus outbreak

 <https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2>