

## Resources for Adults Struggling to Cope with The Effects of the Coronavirus Crisis

UK Mental Health Foundation free self-help guide:

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

A blog about how to find ways to cope on a personal level, written by Josie George (who has Chronic Fatigue Syndrome and a medical condition which affects her autonomic nervous system): <http://www.bimblings.co.uk/2020/03/15/inside-a-guide/?fbclid=IwAR0lj5FSfCeBRBR82tMUiULzId8FBTcIecfDfdNV4IH7Y7qAcm24CwRnPOA>

A guide from the UK Mental Health Charity MIND: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

This website has a great list of short podcasts specifically around coping with Corona Virus and isolation that you can listen to in a short burst of ‘me time’ to help ground and reset: <https://jackkornfield.com/compassion-in-the-time-of-coronavirus/>

Headspace is a popular and well-known app for mindfulness and well-being. It now has a whole section dedicated to Corona Virus that is available free: <https://www.headspace.com/covid-19>

A helpful list of Mental health helplines in the UK: <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

**Eating Disorders:** a guide from the National eating disorders charity BEAT: <https://www.beateatingdisorders.org.uk/coronavirus>

**OCD:** Specific help for those suffering from or developing OCD: <https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>

**Health Anxiety:** a self-help starter guide for people prone to, or starting to develop, health anxiety: <https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>