

## Covid-19 Mental Health Resources

### ***Mental health***

- Mental Health coping during lockdown
  - World Health Organization guidelines on taking care of your mental health during lockdown <https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---mental-health>
  - <https://www.verywellmind.com/stay-mentally-strong-during-coronavirus-4800190>
- Dealing with depression during Covid-19 crisis <https://www.psychologytoday.com/za/blog/view-the-mist/202006/dealing-depression-during-covid-19>
- Tips for technology use that supports mental health <https://www.psychologytoday.com/us/blog/the-cyberpsychology-page/202004/three-tips-mental-health-during-covid-19-and-zoom>
- Ideas on coping with a bad day during lockdown <https://www.chronicle.com/article/How-to-Salvage-a-Disastrous/248569>

### ***Stress and anxiety***

- Coping with anxiety during times of Covid-19 - a series of articles across corona-related mental health topics <https://www.virusanxiety.com/>
- Free downloadable anxiety workbook to practically learn to address anxiety <https://thewellnessociety.org/free-coronavirus-anxiety-workbook/>
- Guided meditations for stress, anxiety and sleep <https://www.calm.com/blog/take-a-deep-breath>
- Coping with uncertainty in uncertain times <https://research.ncl.ac.uk/neurodisability/leafletsandmeasures/copingwithuncertaintyinuncertaintimes/?fbclid=IwAR2-F7OAqaAPwSv4HHhQIIIZ9zWID59N68JKImJLSiIOSi0vouI0xN-cGc4>