

COVID-19

Mental Health and Wellbeing: Support for employers and individuals

As a result of stressful and uncertain times that coronavirus has presented, the need to consider the mental wellbeing of you and your employees has never been more important.

Here, we're signposting the best resources to help you manage this important issue during the crisis. Drawing upon resources from the NHS, Mind and other recognised bodies and organisations, our guide will help you to navigate the support that is available as well as detailing preventative techniques that individuals use to manage their mental health.

General support

- [Government guidance on the mental health and wellbeing aspects of coronavirus](#)
- [NHS Mental health helplines directory](#)
- [NHS Mental health app directory](#)
- [Mind – Coronavirus and your wellbeing](#)
- [Samaritans COVID-19 page](#)
- [SHOUT - free, confidential support, 24/7 via text.](#)
- [MHFA England's resources hub](#)
- [Trauma Response Network](#)

To find mental health support services near you, see [here](#). A range of self-help leaflets is also available [here](#).

For parents and carers

- [UNICEF Coronavirus portal](#)
- [Young Mind's "talking to your child about coronavirus" blog](#)
- [WHO's "helping children deal with stress" poster](#)
- [Mindheart's mini COVID-19 e-book for children under 7](#)
- [Nosycrow's e-book for older children](#)

For young people

- [Government guidance on supporting young people's mental health](#)
- [NHS's Support finder tool](#)
- [Kooth – free online support for young people](#)
- [Young Mind's "Looking after yourself" page](#)
- [Youth Access's resource page](#)

For older adults

- [Age UK – COVID-19 support page \(0800 678 1602 – lines are open every day, 8am to 7pm\)](#)
- [Silverline's helpline](#)
- [Information for people affected by dementia - Alzheimer's society page](#)

Bereavement support

- [NHS – bereavement support page](#)
- [Cruse’s dealing with bereavement and grief page](#)
- [The Compassionate Friends offer support to families after the death of a child of any age and from any cause: tcf.org.uk \(0345 123 2304\)](#)
- [Tommy’s Organisation](#)

Abuse and domestic violence support

- [Government guidance and support available](#)
- [National Domestic Abuse Helpline \(free, and in confidence, 24 hours a day on 0808 2000 247\)](#)
- [Staying safe during COVID-19 – a guide for victims and survivors of domestic abuse](#)
- [Business in the community’s domestic abuse toolkit for employers](#)

Addiction support

- [Double impact’s support page for people in recovery from addiction](#)
- [Alcohol health alliance UK resource](#)
- [UK addiction treatment centres resources](#)

For people severely affected by mental illness

- [Rethink’s blog](#)
- [Mental Health org’s “Living with the pandemic if you already have mental health problems” page](#)

LGBT support

- [NHS – Support Group Directory](#)
- [LGBT foundation](#)
- [Mind Out](#)
- [The Trevor Project](#)

Healthcare workers support

- [NHS Support \(helpline and apps\)](#)
- [Health Education England’s free eLearning](#)
- [Mental Health at Work’s toolkit](#)
- [Doctor’s Support Network](#)
- [Academy of Medical Royal Colleges – resource page](#)
- [Psychology Tools’ directory of support available](#)
- [Intensive Care Society’s resource pack](#)
- [Royal College of Nursing support page](#)
- [MIND’s Support for people working in healthcare and emergency services](#)
- [Community Care’s emotional resilience guide](#)
- [Skills for Care’s personal resilience guide](#)

Support for people with disabilities

- [The Bunker Support group](#)
- [Contacts' helpline for parents and carers of a disabled child](#)
- [The Deaf Health Charity's Crisis Text Service](#)
- [Look UK's helpline](#) - 07464 351958 (advice, emotional support and information for young people with visual impairments, their families, parents and carers)
- [Guide Dog's resource page and helpline](#)

Support for autistic people

- [NHS' Directory of support available](#)
- [National Autistic Society](#)
- [Autism Society of Minnesota Guide to Managing Self-Quarantine and Social Distancing](#)
- [Ambitious about Autism's resource page](#)

