

Health and wellbeing resources at home

| Topic | Name | Creator | Link | Audience | Description |
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| Urgent help | In a crisis? | Shout | https://www.giveusashout.org/ | Anyone who is in mental health crisis | Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. |
| Urgent help | Dealing with a mental health crisis or emergency | NHS | https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency/ | Adults dealing with mental health crisis | NHS advice and recommended services for those in a mental health crisis. |
| Urgent help | Samaritans: How we can help | Samaritans | https://www.samaritans.org/ | Adults in crisis | If you need support and information or if you need someone to talk to, Samaritans can listen and help. |
| Urgent help | Find your nearest crisis support service | NHS | https://www.nhs.uk/service-search/other-services/Crisis-support/LocationSearch/329 | Anyone who is in mental health crisis | Find your nearest crisis support service. |
| Urgent help | Getting help in a mental health crisis | Mind | https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/getting-help-in-a-crisis/ | Adults dealing with mental health crisis | A guide explaining what mental health crisis services are available, how they can help and when to access them. Also provides guidance on how you can plan for a crisis. |

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| Domestic abuse | Coronavirus: Support for victims of domestic abuse | Gov.uk | https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse | Any victim of domestic abuse | Government advice supporting victims of domestic abuse. |
| Domestic abuse | COVID-19/Coronavirus: Safety tips for survivors | Refuge | https://www.refuge.org.uk/covid19-survivor-tips/ | Women of domestic abuse | 24-Hour National Domestic Abuse Helpline for women. |
| Domestic abuse | COVID-19/Coronavirus: Safety advice for survivors | Women's Aid | https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/ | Women of domestic abuse | Safety advice for survivors of domestic abuse. |
| Domestic abuse | Respect Men's advice line Covid-19 response | Respect: Men's Advice Line | http://mensadvice.org.uk/contact-us/ | Men of domestic abuse | Friendly men's advice line offering emotional support, practical advice and information. |
| Domestic abuse | Getting Help for Domestic Violence | NHS | https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/ | Any victim of domestic abuse | NHS advice on how to recognise the signs of domestic abuse and where to get help. |
| Children's mental health | Mental Health resources and information | Action for Children | https://www.actionforchildren.org.uk/support-for-parents/childrens-mental-health/how-can-you-help-with-children-and-young-peoples-mental-health/mental- | Parents | A list of mental health resources, helplines, and information on children's mental health. |

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| | | | health-resources-and-information/ | | |
| Children's mental health | Improving Children's Mental Health (Coronavirus updates) | Place2b | https://www.place2be.org.uk/coronavirus | Parents | Tips, advice, and updates on how to improve your child's mental health |
| Children's mental health | Talking to your children about the Coronavirus pandemic | Mental Health Foundation | https://www.mentalhealth.org.uk/coronavirus/talking-to-children | Parents | Top tips to help minimise the negative impact the Coronavirus pandemic has on your children. |
| Children's mental health | Children's Mental Health Advice (Coronavirus) | NSPCC | https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/ | Parents | Advice and support if you're worried a child may be struggling with their mental health or has anxiety about coronavirus (COVID-19). |
| Children's mental health | Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak | Gov.uk | https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak | Parents | Government guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak. |

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| Teenage mental health | Coronavirus and mental health | Young Minds | https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/ | Teenagers and parents | Advice for parents and teens on coping with Coronavirus |
| Teenage mental health | How teenagers can protect their mental health during Coronavirus | UNICEF | https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19 | Teenagers | Six strategies for teens facing a new (temporary) normal during the Coronavirus pandemic. |
| Teenage mental health | Worried about your teenager | NHS | https://www.nhs.uk/conditions/stress-anxiety-depression/worried-about-your-teenager/ | Parents of Teenagers | Symptoms and information for parents on teen depression, eating disorders, self-harm, and drugs. |
| Teenage mental health | Supporting teenage mental health resources | Stem4 | https://stem4.org.uk/resources/ | Teenagers | Resources to support teenage mental health. |
| Teenage mental health | Coronavirus resources | Student Minds | https://www.studentminds.org.uk/coronavirus.html | Teenagers | Guidance and resources to support university students with worry and distress during the Coronavirus pandemic. |
| Keep active | Stay in, Work out | Sports England | https://www.sportengland.org/stayinworkout | All ages | Tips, advice and guidance on how to keep or get active in and around your home. |
| Keep active | Fitness Studio exercise videos | NHS | https://www.nhs.uk/conditions/nhs-fitness-studio/ | All ages | A range of workouts from the NHS Fitness Studio's range of online exercise videos. |
| Keep active | 10-minute workouts | NHS | https://www.nhs.uk/live-well/exercise/10-minute-workouts/ | All ages | 10-minute workouts from the NHS if you are short on time. |

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| Keep active | Stay physically active during self-quarantine | World Health Organisation | http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/stay-physically-active-during-self-quarantine/ | All ages | Exercises for people in self-quarantine without any symptoms or diagnosis of acute respiratory illness. |
| Keep active | Get Outside Inside | Ordnance Survey | https://getoutside.ordnancesurvey.co.uk/guides/getoutside-inside/ | All ages | Over 50 national organisations in the outdoor recreation industry have come together to keep communities connected with the outdoors and engaged with our natural environments while we self-isolate. |
| Keep active | Guide to health and fitness apps | Digital Unite | http://www.digitalunite.com/technology-guides/health-and-fitness | Adults | A useful guide to downloading and using different health and fitness apps. |
| Social media and virtual interaction | Facebook Live | Facebook | https://www.facebook.com/facebookmedia/solutions/facebook-live | 13+ | How to use Facebook live. |
| Social media and virtual interaction | Help centre | Twitter | https://help.twitter.com/en | 13+ | How to use Twitter. |
| Social media and virtual interaction | How do I start a live video with a friend? | Instagram | https://help.instagram.com/126662934757177 | 13+ | How to use Instagram. |

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| Social media and virtual interaction | FAQs | WhatsApp | https://faq.whatsapp.com/ | 16+ | How to use WhatsApp. |
| Social media and virtual interaction | How do I get started with Skype? | Skype | https://support.skype.com/en/faq/FA11098/how-do-i-get-started-with-skype | 13+ | How to use Skype. |
| Social media and virtual interaction | Video conferencing, web conferencing, webinars, screen sharing | Zoom | https://zoom.us/docs/en-us/covid19.html | 16+ | How to use Zoom. |
| Community interaction | Adopt a grandparent | CHD Living | https://chdliving.co.uk/adopt-grandparent | Young and older people who may not have grandparents/grandchildren of their own | Care services pairing residents at CHD Living homes with individuals in the community who want to help combat loneliness. |
| Community interaction | Information, friendship and advice to older people | The Silver Line | https://www.thesilverline.org.uk/ | Older people | Helpline for older people. |
| Community interaction | Quick conversations to change your day | Hear Me | https://www.hearme.app/ | Adults | An app that allows you to anonymously connect and have a quick conversation with an empathetic HearMe listener in under a minute, 24 hours a day - for free. |
| Community interaction | Creative Isolation | March Network | https://www.marchnetwork.org/creative-isolation | Adults | Home-based, creative ways to support mental health during Coronavirus pandemic. |

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| Community interaction | Covid-19 community mutual aid | Covid-19 community mutual aid | https://covidmutualaid.org/ | All ages | Coordinated efforts to support the most vulnerable in communities across the UK. |
| Community interaction | Learn new skills and meet new people | FutureLearn | https://www.futurelearn.com/ | Adults | Free online courses on a range of topics, with the opportunity to connect with other learners. |
| Bereavement and grief support | Grief after bereavement or loss | NHS | https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/ | Adults | Information and resources around grief from NHS. |
| Bereavement and grief support | Bereavement and young people | NHS | https://www.nhs.uk/conditions/stress-anxiety-depression/bereavement-and-young-people/ | Young adults | Information and resources around grief for young people. |
| Bereavement and grief support | Coronavirus bereavement resources | Cruse | https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief | All ages | Resources for bereavement specific to the coronavirus from Cruse Bereavement Care. |
| Bereavement and grief support | Supporting bereaved children and young people | Winston's Wish | https://www.winstonswish.org/coronavirus/ | All ages | Advice and guidance on supporting children and young people who have been bereaved due to COVID-19. |
| Financial worries | Guide to money worries | NHS | https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-financial-worries/ | Adults | Advice on dealing with concerns around finances from NHS. |

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| Financial worries | Guide to money worries | MIND | https://www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health/money-and-mental-health/ | Adults | General advice on dealing with money worries from MIND. |
| Financial worries | Coronavirus advice | Money Saving Expert | https://www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/ | Adults | Financial advice from Martin Lewis, Money Saving expert for the Coronavirus pandemic. |
| Financial worries | Mental health and money advice | Mental Health and Money Advice | https://www.mentalhealthandmoneyadvice.org/en/top-tips/mental-health-and-money-advice-for-covid-19-outbreak | Adults | Advice for understanding and managing your mental health and money during coronavirus. |
| Mindfulness and wellbeing | Mindfulness exercises | MIND | https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/ | Adults | Introductory information on mindfulness, how to practice it and how it can help with mental health conditions. |
| Mindfulness and wellbeing | Mindfulness advice | NHS | https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/ | Adults | Information on mindfulness in everyday life as well as links to more in-depth activities. |

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| Mindfulness and wellbeing | Looking after your mental health at home | NHS England | https://www.nhs.uk/one-you/every-mind-matters/ | Adults | Coronavirus specific advice on mental health and staying home from Every Mind Matters. |
| Mindfulness and wellbeing | Looking after your mental health at home | MIND | https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/ | Adults | Coronavirus specific advice on mental health and staying home from Every Mind Matters. |
| Mindfulness and wellbeing | Mood-boosting books | Reading Well | https://reading-well.org.uk/books/mood-boosting-books | All ages | Lists of mood-boosting books for all ages from to improve mental wellbeing. |
| Mindfulness and wellbeing | Mindfulness YouTube videos | Headspace | https://www.youtube.com/user/Getsomeheadspace/videos | All ages | Free guided meditations from Headspace. |