

Mental Health Resources regarding Covid19

- Mental Health Foundation tips which are constantly being updated: <https://mentalhealth.org.uk/coronavirus>
- OCD-UK: OCD and Coronavirus Top Tips <https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>
- Beat Eating Disorders: Eating Disorders and Coronavirus <https://www.beateatingdisorders.org.uk/coronavirus>
- The Sanctuary, a chat room and safe space for people with an eating disorder to share concerns and advice on how they are coping with the pandemic. <https://www.beateatingdisorders.org.uk/sanctuary>
- Papyrus, prevention of young suicide: helpline and supporting resources <https://papyrus-uk.org/practising-self-care-during-times-o.../>
- Bipolar UK: Bipolar disorder and coronavirus <https://www.bipolaruk.org/.../coronavirus-emergency-how-we-ca...>
- The Stay Alive App: An app for those at risk of suicide and those worried about someone <https://www.prevent-suicide.org.uk/find-hel.../stay-alive-app/>
- CALM: Helpline for everyone but especially men, and tips on coping with social isolation <https://www.thecalmzone.net/.../putting-the-social-into-soci.../>
- Mind: Coronavirus and your wellbeing <https://www.mind.org.uk/inf.../coronavirus-and-your-wellbeing/>
- Anxiety UK: self-help resources for anxiety related conditions <https://www.anxietyuk.org.uk/>
- The Samaritans <https://www.samaritans.org/.../if-youre-worried-about-your-m.../>
- Support for victims of domestic or sexual violence and abuse: Coronavirus: Victim and witness services <https://www.gov.uk/.../coronavirus-covid-19-victim-and-witnes...>