

List of online resources

The following online resources can be accessed at any time, from anywhere. These are all high- quality and trustworthy sources of support information which we are recommending for use.

Government guidance to the public on the mental health and wellbeing aspects of COVID-19

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

NHS advice on looking after your mental health during COVID-19, includes physical health and apps as well as how to look after yourself while staying at home

<https://www.nhs.uk/oneyou/every-mind-matters/>

COVID-19 Trauma response working group: Advice for hospital staff

https://232fe0d6-f8f4-43eb-bc5d-6aa50ee47dc5.filesusr.com/ugd/6b474f_2b73703d832042e5a5ed25e3f811f823.pdf

WHO advice: mental health and psychosocial advice, includes advice for health care workers as well as team leads and managers

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

WHO videos, the Q&A video on mental health provides general advice to the public but also includes advice to staff, mentions stigma, misinformation

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/videos>

Series of leaflets from Oxford Health NHS Foundation Trust relating to COVID-19: anxiety, trauma, post-viral fatigue and depression <https://www.oxfordhealth.nhs.uk/leaflets/>

Royal College of Psychiatrists: YouTube video on managing anxiety in the context of COVID-19

<https://youtu.be/TYepZ43FlqE>

BBC article on how to negotiate the challenges associated with COVID-19, practical and helpful

<https://www.bbc.co.uk/news/health-51873799>

Advice for managers: *The Intensive Care Society has provided information on the phases frontline staff are likely to go through and appropriate management responses at the different stages:*

<https://www.practitionerhealth.nhs.uk/media/content/files/Sustaining%20wellbeing%20COVID19.pdf>



Advice from professional bodies:

The Royal College of Nursing

<https://www.rcn.org.uk/get-help/member-support-services/counselling-service/covid-19-and-your-mental-wellbeing>

Royal College of Psychiatrists

<https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/paul-quote-about-covid-19>

The British Psychological Society

<https://www.bps.org.uk/news-and-policy/new-guidance-psychological-professionals-during-covid-19-pandemic>

Royal College of Occupational Therapists

<https://www.rcot.co.uk/coronavirus-covid-19-0>

The British Association of Social Workers

<https://www.basw.co.uk/coronavirus-covid-19-basw-updates>

The Royal College of Speech & Language Therapists

<https://www.rcslt.org/learning/covid-19/information-support>

The Chartered Society of Physiotherapy

<https://www.csp.org.uk/news/coronavirus>

Interactive resources and support

The following information contains links to interactive resources that you might find useful – we recommend that you find yourself a quiet space somewhere and look at these when you have uninterrupted time to work through the exercises.

Silver cloud is an online CBT course to help you manage stress and anxiety. It can be accessed via:

<https://nhs.silvercloudhealth.com/signup>

Use access code: **HPFT202**

Access to Apps for all NHS staff: <https://www.nhsemployers.org/news/2020/03/free-access-to-wellbeing-apps-for-all-nhs-staff>

Mindfulness:

- a) Free access to [Headspace](#) for all NHS staff with an NHS email address is available until 31 December 2020
- b) Oxford Mindfulness Centre is offering free weekly online mindfulness sessions during the COVID-19 pandemic, also available via podcast <https://oxfordmindfulness.org/online-sessions-podcasts/>

Physical health: NHS 10 minute workouts – website provides instructions on carrying out the exercises

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

Acceptance and Commitment Therapy: YouTube video which helps with ways to help you cope with COVID-19

<https://www.youtube.com/watch?v=BmvNCdpHUYM>