

Looking After Your Mental Health and Wellbeing During The Coronavirus Outbreak

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Infectious disease outbreaks, like the current Coronavirus (COVID-19), can be scary and can affect our mental health.

The Government is telling us to stay at home and only go outside for food, health reasons or essential work, to stay two metres (six feet) away from other people and wash our hands as soon as we get home. This means that more of us are spending a lot of time at home and many of our regular social activities are no longer available to us.

There are many things we can do to support and manage our wellbeing during such times. The following guidance, from Public Health England, provides up-to date information and advice on how to look after your mental health and wellbeing during the coronavirus outbreak.

<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>

These tips and advice are things you can do now to help you keep on top of your mental wellbeing and cope with how you may feel while staying at home. This guidance will be kept updated by the Public Health England as the situation changes.

Further Support and Advice

Make sure you get further support if you feel you need it.

If you are a parent or carer for a child or young person, Young Minds has guidance on [talking to your child about coronavirus](#).

[The NHS mental health and wellbeing advice](#) pages also have a self-assessment, as well as audio guides and other tools you can use while staying at home.

Every Mind Matters also have [guidance and information to help others](#) if someone you know is struggling with their mental health.