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improvement **service**

LOOKING AFTER YOUR MENTAL HEALTH & WELL-BEING

DURING THE COVID-19 (CORONAVIRUS) OUTBREAK

Reliable sources of information on looking after your mental health and well-being during the Covid-19 (Coronavirus) outbreak:

SAMH: 'Coronavirus and your mental wellbeing'

BBC News: 'Coronavirus: How to protect your mental health'

Mind: 'Coronavirus and your wellbeing'

Mental Health Foundation:

'Looking after your mental health during the Coronavirus outbreak'

World Health Organisation:

'Mental Health and Psychosocial Considerations During COVID-19 Outbreak'