



Wellbeing for Adults

When things get tough it can be difficult to ask for help. We've created a list of resources and links to help signpost adults to specialist support, specifically around the Coronavirus outbreak.

Remember, we are always here to listen 😊



Mental Health Foundation
Parenting during the Coronavirus.

<https://www.mentalhealth.org.uk/coronavirus/parenting-during-coronavirus-outbreak>

How to look after your Mental Health during the Coronavirus outbreak.

<https://mentalhealth.org.uk/coronavirus>



National Autistic Society – tips and resources.

<https://www.autism.org.uk/services/helplines/coronavirus/resources.aspx>



Young Minds Charity- Parent Wellbeing

<https://youngminds.org.uk/resources/school-resources/parents-wellbeing/>



Mind Charity- Coronavirus and your wellbeing

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>



Parent Club- Looking after yourself and your family

<https://www.parentclub.scot/topics/coronavirus/looking-after-yourself-and-your-family?age=0>



Anxiety UK - Coronavirus Advice

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>



Government Advice- Coronavirus, Mental Health and Wellbeing
<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 Every Mind Matters- Staying at Home
<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>



Just Talk- Listening Service in Sutton
'Whatever the problem we are here to listen'
www.just-talk.co.uk
<https://www.facebook.com/Just-Talk-2211636402263075>



Monthly Activity Calendars for Well-being
Daily actions to respond to this crisis with a sense of purpose and meaning.
<https://www.actionforhappiness.org/calendars>



Home Start- Support for Families
<https://www.home-start.org.uk/Listing/Category/support-for-families-during-covid-19>



NSPCC Parent Advice
<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>



Red Cross- Loneliness

<https://www.redcross.org.uk/stories/disasters-and-emergencies/uk/coronavirus-six-facts-about-loneliness>



Cruse Bereavement Care- Dealing with Loss

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>



Psychology Tools- Living with worry and anxiety

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>