



**Greater Manchester  
Mental Health**  
NHS Foundation Trust

Library and Knowledge Services

**MENTAL HEALTH AND  
COVID-19**

Information, resources and helplines

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## Low Mood

### NHS

Information and advice on low mood, sadness and depression

<https://www.nhs.uk/conditions/stress-anxiety-depression/low-mood-and-depression/>

### Every Mind Matters

Information about low mood and how to improve your mood

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

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## Anxiety

### **Mental Health Foundation**

Information about how to overcome fear and anxiety

<https://www.mentalhealth.org.uk/publications/overcome-fear-anxiety>

The Anxious Child: A booklet for parents and carers wanting to know more about anxiety in children and young people.

<https://www.mentalhealth.org.uk/publications/anxious-child>

### **Mind**

Explains anxiety and panic attacks, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety/>

### **NHS**

Information for both adults and children on anxiety.

Anxiety, fear and panic: <https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic/>

Generalised anxiety disorder in adults: <https://www.nhs.uk/conditions/generalised-anxiety-disorder/>

Anxiety disorders in children: <https://www.nhs.uk/conditions/anxiety-disorders-in-children/>

### **Every Mind Matters**

Information and resources about anxiety

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

### **Royal College of Psychiatrists**

Information on anxiety, panic and phobias

<https://www.rcpsych.ac.uk/mental-health/problems-disorders/anxiety-panic-and-phobias>

### **Young Minds**

Information on anxiety and feeling anxious for young people

<https://youngminds.org.uk/find-help/conditions/anxiety/>

### **Anxiety UK**

Information on anxiety including links to further information on specific types of anxiety conditions. Includes downloadable factsheets.

<https://www.anxietyuk.org.uk/get-help/anxiety-information/>

## COVID-19 related

### **CDC**

Manage Anxiety & Stress

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

### **HelpGuide**

Coronavirus Anxiety: Coping with Stress, Fear, and Uncertainty

<https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>

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### **Psych Central**

A blog about coronavirus anxiety and ways to cope with fear

<https://psychcentral.com/blog/coronavirus-anxiety-4-ways-to-cope-with-fear/>

### **Royal College of Psychiatrists**

Information for young people and adults about dealing with anxiety

[www.rcpsych.ac.uk/about-us/responding-to-covid-19/covid-19-and-mental-health](http://www.rcpsych.ac.uk/about-us/responding-to-covid-19/covid-19-and-mental-health)

### **Every Mind Matters**

10 tips for those who are anxious about coronavirus

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

### **Young Minds**

Advice for young people who feel anxious about coronavirus

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

## Isolation

Isolation due to COVID-19

### **Public Health England**

Regularly updated guidance on social distancing, including information on getting assistance with foods/medicines and looking after mental wellbeing

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

### **Mind**

Advice about maintaining wellbeing during social distancing/self-isolation

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

### **CALM**

Ways to stay social while social distancing

<https://www.thecalmzone.net/2020/03/putting-the-social-into-social-distancing/>

### **Every Mind Matters**

Tips for looking after your mental wellbeing while staying at home

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

### **Relate**

Tips for maintaining healthy relationships during social distancing/self-isolation

<https://www.relate.org.uk/covid-19-our-advice-and-tips-healthy-relationships>

### **AgeUK**

Advice for older people on staying safe and well at home during social distancing/self-isolation

<https://www.ageuk.org.uk/information-advice/coronavirus/staying-safe-and-well-at-home/>

Mental health and psychosocial considerations during the COVID-19 outbreak

<https://www.who.int/publications-detail/mental-health-and-psychosocial-considerations-during-the-covid-19-outbreak>

Last updated: 30/03/20

## **WHO**

Helping children cope with stress during COVID-19

<https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf>

## Loneliness

### **Mind**

Information and tips for managing loneliness

<https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/>

### **NHS**

Advice on feeling lonely

<https://www.nhs.uk/conditions/stress-anxiety-depression/feeling-lonely/>

### **Mental Health Foundation**

Advice for dealing with isolation

<https://www.mentalhealth.org.uk/publications/guide-investing-your-relationships/isolation>

## Older People

### **Independent Age**

Information and advice about staying connected in older age in pdf and audio formats

<https://www.independentage.org/information/advice-guides-factsheets-leaflets/if-youre-feeling-lonely>

### **Campaign to end loneliness**

Advice for older people for dealing with loneliness and being alone

<https://www.campaigntoendloneliness.org/feeling-lonely/>

### **AgeUK**

Information for if you or someone you know is feeling lonely

<https://www.ageuk.org.uk/information-advice/health-wellbeing/loneliness/>

## Sleep deprivation

### **Mental Health Foundation**

Information about sleep problems and advice for sleeping better

<https://www.mentalhealth.org.uk/publications/how-sleep-better>

### **Mind**

Information and advice about sleep problems

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/sleep-problems/>

### **NHS**

Information about insomnia, with a sleep self-assessment tool

<https://www.nhs.uk/conditions/insomnia/>

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### **Every Mind Matters**

Information and resources about sleep problems

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

### **Royal College of Psychiatrists**

Information on sleep problems and sleeping well

<https://www.rcpsych.ac.uk/mental-health/problems-disorders/sleeping-well>

## Self Help resources

### **buzz**

A range of self-help guides on mental health topics including low mood and depression, anxiety, sleep problems

<https://buzzmanchester.co.uk/information/mentalhealthguides>

### **Centre for Clinical Interventions**

Self-help resources for a range of mental health problems

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

### **Get Self Help**

Self-help resources based on CBT techniques

<https://www.getselfhelp.co.uk/>

### **Elefriends**

Supportive online community run by Mind

<https://www.elefriends.org.uk/>

## Multimedia resources

### **NHS**

Mental Wellbeing audio guides

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

### **One You**

List of recommended apps which are free to download

<https://www.nhs.uk/oneyou/apps/>

### **Headspace**

Guided meditations to help with relaxation. There is a Headspace app available

<https://www.youtube.com/user/GetSomeHeadspace/>

## Online courses

### **E-couch**

Free interactive self-help program to improve mental wellbeing

<https://ecouch.anu.edu.au/welcome>

### **Living Life to the Full**

Free online courses covering low mood, stress and resiliency

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<https://littf.com/>

## Addiction & Substance misuse

### Helplines

#### **Al-Anon Family Groups**

For people worried about someone else's drinking

Phone: 0800 0086 811

#### **Drinkline**

Advice to those worried about their own, or a loved one's, alcohol use

Phone: 0300 123 1110

#### **DrugFam**

Support for families affected by drug misuse

Phone: 0300 888 3853

#### **Frank**

National helpline providing advice and information about drugs

Phone: 0300 123 6600

### Online Advice Sites

#### **NHS Choices**

Alcohol Support

<https://www.nhs.uk/live-well/alcohol-support/>

Drug addiction: getting help

<https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/>

#### **Alcohol Change UK**

Advice on managing drinking especially if self-isolated

<https://alcoholchange.org.uk/help-and-support/coronavirus-managing-your-drinking>

#### **AdFam**

Telephone support for families

<https://adfam.org.uk/help-for-families/finding-support/call-a-helpline>

#### **Drinkaware**

Alcohol Support Services

<https://www.drinkaware.co.uk/alcohol-support-services/>

#### **Drug Wise**

Where to get help

<https://www.drugwise.org.uk/where-can-i-get-help/>

#### **MIND**

Addiction and dependency resources

<https://www.mind.org.uk/information-support/guides-to-support-and-services/addiction-and-dependency/addiction-and-dependency-resources/>

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## Depression

### **NHS**

Information about depression, including a self-assessment tool

<https://www.nhs.uk/conditions/clinical-depression/>

Tips for coping with depression

<https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-depression/>

British Sign Language video about depression and low mood

<https://www.nhs.uk/video/Pages/bsl-depression.aspx>

### **Mind**

Information about depression, tips for caring for yourself and how to access help.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/about-depression/>

### **Rethink Mental Illness**

Information about depression

<https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/depression/>

### **Mental Health Foundation**

Information on the symptoms and causes of depression, and where to get support

<https://www.mentalhealth.org.uk/a-to-z/d/depression>

### **SANE**

Factsheet on depression, symptoms and treatment and support options

<http://www.sane.org.uk/uploads/Depression.pdf>

### **Healthtalk.org**

Videos of people from the UK sharing their personal experiences of depression

<https://healthtalk.org/depression/overview>

## Local helplines

Manchester Community Central is currently developing a list of local aid contacts throughout Manchester. More details to follow.

### Greater Manchester

#### **Greater Manchester Suicide Bereavement Information Service**

Telephone: 0161 212 4919 Monday – Friday, 10am - 4pm (Excluding bank holidays)

Email: [SB.IS@nhs.net](mailto:SB.IS@nhs.net)

Website: [www.shiningalightonsuicide.org.uk](http://www.shiningalightonsuicide.org.uk)

### Manchester

#### **Manchester Mind**

Due to the current situation our face-to-face services, including our advice drop-in, are currently suspended. If you need to speak to a member of the team please call 0161 769 5732.



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## Rochdale

### **Rochdale and District Mind**

Rochdale and District Mind operate a confidential mental health telephone information line: Please telephone our freephone number 0800 107 0729 or 01706 752338

<https://www.rochdalemind.org.uk/>

Self referral available: <https://www.rochdalemind.org.uk/how-we-can-help/how-to-refer/>

## Salford

### **SIDASS – Salford Independent Domestic Abuse Support Services**

Helpline: 0161 793 3232

<http://salfordwomensaid.org/sidass/>

Lines are staffed Monday to Friday from 1:00 p.m. to 4:00 p.m. and there is an answer phone outside of these hours.

## Stockport

### **The Prevention Alliance**

If you would like to speak with one of our keyworkers, our TPA phone line 0161 474 1042 continues to be staffed Monday – Friday 09:00 – 16:30.

### **COVID-19 Community Support Groups**

[Bird Estate \(Poynton\) Community Support](#)

[Bramhall Helping Hands](#)

[Brinnington Big Local](#)

[Heatons Covid-19 Virus – self isolation neighbourhood outreach](#)

[Marple Covid 19 Mutual Aid Group](#)

[Reddish Covid-19 virus –self isolation neighbourhood outreach](#)

[Stockport COVID 19 Support](#)

<https://startpoint.org.uk/covid19/> ( a group to help people in Woodley)

### **In Romiley:**

If you are self-isolating, Young Caritas Romiley from Our Lady & St Christopher's Church can help you with picking up shopping

A friendly phone call

Posting mail

Urgent supplies

To keep everyone safe, all young people will be accompanied by a grown-up and only volunteer if they are healthy. Our hands will be washed regularly and all items will be left on the doorstep. We will avoid physical contact (2 metre distance)

Contact the church at Our Lady & St Christopher's Church, Barrack Hill, Romiley or call 0161 430 2704

### **For people with sensory loss**

[A BSL Video about TPA service during the coronavirus period](#)

[Walthew House information page](#)

### **Stockport Mind**

Telephone/email/social media support still available, regardless of whether people are already under the service or not, as much as is possible.

If the answerphone is on, we will get back to people when able. Staff all working from home except for a rotation system to cover phones in the office on 0161 480 7393 ([during opening hours](#)).

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### **START (drug and alcohol service)**

Offering a service by telephone on **0161 474 3141** or email us on [START@Stockport.gov.uk](mailto:START@Stockport.gov.uk). more information <https://www.healthystockport.co.uk/>

### **Age UK Stockport**

Offering telephone support on **0161 480 1211** Monday to Friday 9am to 5pm. The advice and information team are available on **0161 477 1213**.

### **Signpost for carers**

Helpline Monday to Friday, 8am-4pm: 0161 442 0442

Email: [info@signpostforcarers.org.uk](mailto:info@signpostforcarers.org.uk)

## Tameside

### **Mental Health Support in Tameside and Glossop: COVID 19 Update**

<https://www.tameside.gov.uk/TamesideMBC/media/countryside/Mental-Health-Crisis-Support-in-Tameside-and-Glossop-COVID-19.pdf>

Find most up to date version here: <https://www.tameside.gov.uk/MentalHealth/Local-Support-Services-For-Mental-Health-and-Wellb>

## Wigan

### **The Wigan Mental Health Urgent Response Team**

01942 636395 (24 hours a day, 365 days a year)

<https://www.nwbh.nhs.uk/urgent-response-team-wigan>

## National helplines

### **Age UK**

Older people's charity providing information and advice and supporting research.

Phone: 0800 678 1602. 8am-7pm, 365 days a year

<https://www.ageuk.org.uk/>

### **Alzheimer's Society**

Provides information on dementia, including factsheets and helplines.

Phone: 0300 222 1122 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)

Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### **Anxiety UK**

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

### **Beat**

Provides support for people adults and young people with eating disorders.

Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)

Website: [www.b-eat.co.uk](http://www.b-eat.co.uk)

### **Bipolar UK**

A charity helping people living with manic depression or bipolar disorder.

Last updated: 30/03/20

Website: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

During the lockdown, we will continue to operate a call back and email service for people to get advice and guidance and to just have a chat to relieve some of the loneliness of self-isolation. To arrange a call back please email us: [info@bipolaruk.org](mailto:info@bipolaruk.org)

### **ChildLine**

**Telephone:** 0800 1111

**Website:** [www.childline.org.uk](http://www.childline.org.uk)

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.

### **CALM**

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: [www.thecalmzone.net](http://www.thecalmzone.net)

### **Combat Stress**

For veterans.

24 Hour helpline: 0800 138 1619

Website: [www.combatstress.org.uk/](http://www.combatstress.org.uk/)

### **Cruse Bereavement Care**

Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm)

Website: [www.cruse.org.uk](http://www.cruse.org.uk)

### **LGBT Foundation**

Our helpline remains open on 0345 3 30 30 30, Monday to Friday between 10am and 6pm. We are also looking into options to extend our helpline hours during this time.

<https://lgbt.foundation/>

### **Mencap**

Charity working with people with a learning disability, their families and carers.

Phone: 0808 808 1111 (Monday to Friday, 9am to 5pm)

Website: [www.mencap.org.uk](http://www.mencap.org.uk)

### **Men's Health Forum**

24/7 stress support for men by text, chat and email.

Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

### **Mind**

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: [www.mind.org.uk](http://www.mind.org.uk)

### **MindLine Trans+**

A confidential, emotional, mental health support helpline for people who identify as Trans, Agender, Gender Fluid, Non-binary.

Mondays and Fridays: 8pm to midnight. 0300 330 5468 | [Visit the MindLine Trans+ webpage.](#)

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### **Mood Swings**

Aimed at anyone affected by a mood disorder, including friends, families and carers. Their helpline is open 10am to 4pm Monday to Friday.

**Telephone:** 0161 832 37 36

**E-mail:** [info@moodswings.org.uk](mailto:info@moodswings.org.uk)

**Website:** [www.moodswings.org.uk](http://www.moodswings.org.uk)

### **Nightline**

If you're a student, you can look on the [Nightline website](#) to see if your university or college offers a night-time listening service. Nightline phone operators are all students too.

### **No Panic**

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

### **OCD Action**

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

### **OCD UK**

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: [www.ocduk.org](http://www.ocduk.org)

### **PANDAS Foundation**

FREE helpline 0808 1961 776. Available on all landlines. Monday – Sunday 9am- 8pm. Manned by a team of trained volunteers who will be happy to chat to you and direct you to the right support.

PANDAS Email Support: [info@pandasfoundation.org.uk](mailto:info@pandasfoundation.org.uk) available 365 days a year. We'll respond within 72 hours. Please get in touch if you'd like any more information regarding perinatal mental illness or are looking for support for yourself or your partner, friend or colleague.

### **PAPYRUS**

Young suicide prevention society.

Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

### **Rape Crisis**

Live chat helpline – online chat: <https://rapecrisis.org.uk/get-help/live-chat-helpline/about-the-live-chat-helpline/>

Website: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

### **Rethink Mental Illness**

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: [www.rethink.org](http://www.rethink.org)

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### **Samaritans**

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

### **SANE**

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most:

[www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

Website: [www.sane.org.uk/support](http://www.sane.org.uk/support)

### **Shout Crisis textline**

Use the '[Shout' crisis text line](#) - text SHOUT to 85258

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

### **Silverline**

Aimed at people over 55. Their helpline is open 24 hours a day, every day of the year.

**Telephone:** 0800 4 70 80 90

**Website:** [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

### **SOBS – Survivors of Bereavement by Suicide**

0300 111 5065

9am – 9pm Monday to Friday

<https://uksobs.org/>

### **The Mix**

**If you're under 25**, you can call The Mix on 0808 808 4994 (Sunday-Friday 2pm–11pm), request support by email [using this form on The Mix website](#) or [use their crisis text messenger service](#).

### **YoungMinds**

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

### **Victim Support**

Phone: 0808 168 9111 (24-hour helpline)

Website: [www.victimsupport.org](http://www.victimsupport.org)

## COVID-19 information

### **CDC online**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

### **GOV.uk**

<https://www.gov.uk/coronavirus>

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### **NHS England**

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

### **NHS 111 online**

<https://111.nhs.uk/covid-19>

### **NHS inform**

<https://www.nhsinform.scot/self-help-guides/self-help-guide-coronavirus-covid-19>

### **World Health Organization**

[https://www.who.int/health-topics/coronavirus#tab=tab\\_1](https://www.who.int/health-topics/coronavirus#tab=tab_1)

### **UNISON**

Coronavirus and your rights at work

[www.unison.org.uk/coronavirus-rights-work/](http://www.unison.org.uk/coronavirus-rights-work/)

## Mental Health

### **Public Health England**

COVID-19: Guidance for the public on mental health and wellbeing

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

COVID-19: Guidance for parents and carers on supporting children and young people's mental health and wellbeing

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

### **Rethink Mental Illness**

COVID-19 and mental illness help and advice

[www.rethink.org.uk/advice-and-information/covid-19-support/](http://www.rethink.org.uk/advice-and-information/covid-19-support/)

### **Mental Health Foundation**

Looking after your mental health during the Coronavirus outbreak

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

### **Mind**

Coronavirus and your wellbeing

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

## Multilingual information

### **Royal College of Psychiatrists**

Information on a range of mental health topics in other languages

<https://www.rcpsych.ac.uk/mental-health/translations>

### **Public Health England**

Regularly updated guidance on social distancing in a variety of languages, including information on getting assistance with foods/medicines and looking after mental wellbeing

Last updated: 30/03/20

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>

### **Doctors of the World**

Basic information on coronavirus translated into 34 languages, based on NHS guidelines

<https://www.doctorsoftheworld.org.uk/coronavirus-information/>

### **WHO**

Coping with stress during COVID-19

[Arabic](#)

[Chinese](#)

[English](#)

[French](#)

[Russian](#)

[Spanish](#)

## Further Information

For help with finding further information or resources, please contact the Library and Knowledge Services

**Email:** [library@gmmh.nhs.uk](mailto:library@gmmh.nhs.uk)

**Phone:** 0161 358 1772 / 0161 271 0505 (ext. 3)