

INFORMATION AND USEFUL LINKS FOR ADULTS,
YOUNG PEOPLE, PARENTS AND CARERS DURING
THE CORONAVIRUS OUTBREAK.

INFO/ HELPFUL LINKS FOR PARENTS

CORONAVIRUS ADVICE

CURRENT ADVICE – STAY AT HOME

<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others>

Easy Read Guidance

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874281/COVID-19_easy_read.pdf

Guidance by Government – Other Languages Arabic, Bengali, Cantonese, French, Gujarati, Mandarin, Polish, Portuguese, Punjabi, Urdu and Welsh.

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Guidance by Doctors of the World – More Languages

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

Guidance for Vulnerable People in English, Arabic, Bengali, Cantonese, French, Gujarati, Mandarin, Polish, Portuguese, Punjabi, Urdu and Welsh.

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

From 23RD March 2020 gatherings of more than 2 people are banned unless for a funeral, where only immediate family should attend.

The only permissible reasons to leave your home are as follows:

- To shop for basic necessities and that should be limited to once a day
- To take exercise once a day - but alone or with your own household, not in groups
- For medical reasons or to care for a vulnerable person
- To travel to essential work if that cannot be done at home. Further guidance to employers is pending.

HOW to wash your hands – 20 seconds and 2 happy birthdays

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

NHS Inform – Check symptoms and when to contact NHS or not.

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

NHS Inform Easy Read Version

<https://www.nhsinform.scot/translations/formats/easy-read/coronavirus-covid-19>

NHS Inform BSL Videos

<https://www.nhsinform.scot/translations/languages/british-sign-language-bsl/illnesses-and-conditions/coronavirus-covid-19>

Scottish Government Coronavirus Site – Up to date data on cases.

<https://www.gov.scot/coronavirus-covid-19/>

GENERAL ADVICE

Parent Support – National site for parents of children and young people of all ages
<https://www.parentclub.scot/>

World Health Organisation - Psychologists 6 tips
<https://www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-through-coronavirus-covid-19>

Staying at Home with Children
<https://www.parentclub.scot/articles/staying-at-home-with-children>

Talking to your children about the outbreak
<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
<https://www.parentclub.scot/articles/talking-to-your-kids-about-coronavirus>
<https://mentalhealth.org.uk/coronavirus/talking-to-children>

A-Z TOPICS

ADDICTIONS SUPPORT

Turn to us – Info and advice for people affected by substance use, alcohol use or both.
<https://advicefinder.turn2us.org.uk/Home/Details/3370>

BENEFITS

If you're not working because of coronavirus

You might be able to claim benefits if you've lost your job or you're self-employed and can't get work.

What you can claim will depend on your situation. You can check if you can claim:

- [Universal Credit](#)
- [Jobseeker's allowance](#) - you can't claim this if you're self-employed*
- [Employment and support allowance](#)

Benefits Assessments - Face to Face interviews suspended from 19th March 2020 for 3 months, benefits paid as normal
<https://www.gov.uk/government/news/face-to-face-health-assessments-for-benefits-suspended-amid-coronavirus-outbreak>

Employment and Support Allowance – How to apply
<https://www.gov.uk/employment-support-allowance>

Job Seekers Allowance – How to apply
<https://www.gov.uk/jobseekers-allowance>

Universal Credit – How to apply
<https://www.gov.uk/how-to-claim-universal-credit>

Universal Credit Problems? Citizens Advice Information
<https://www.citizensadvice.org.uk/benefits/universal-credit/>

BEREAVEMENT

Cruse Bereavement – online advice and helpline

<https://www.cruse.org.uk/get-help>

Funeral Support Payment

<https://www.mygov.scot/funeral-support-payment/>

BUSINESS ADVICE

Grant Scheme for businesses

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-business-support-grant-funding>

Government Advice for Business and other organisations – Scroll down to Business

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

HMRC Advice for Businesses

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-individuals-and-businesses-in-scotland>

DISABILITY

Autism - Visual supports to use with children and young people during coronavirus outbreak

<http://l.ead.me/bbTE3n>

Autism/ Sensory Behaviour - useful information and ideas for supporting your child's sensory behaviours

<https://www.nhsggc.org.uk/kids/resources/information-packs/making-sense-of-sensory-behaviour-falkirk-council-booklet/>

Deaf Health Charity – SignHealth – lots of up to date info and videos for BSL users

<https://www.signhealth.org.uk/coronavirus/>

Disability Information Scotland run a website, helpline and email service

0300 323 9961

<http://www.disabilityscot.org.uk/info@disabilityscot.org.uk>

Disability Scotland Coronavirus info – Including BSL Videos

<http://www.disabilityscot.org.uk/coronavirus-covid19-help-and-information/>

Forth Valley Sensory Centre

<http://www.forthvalleysensorycentre.org/coronavirus-information/>

R U OK, Friends, Sad, Worried, Someone Dies, Audio Files of NHS Health Scotland's R U Ok Leaflet series

<https://soundcloud.com/nhs-health-scotland/sets/r-u-ok-series>

R U OK, Friends, Sad, Worried, Someone Dies BSL Clips

<http://www.deafaction.org/nhs-health-scotland-launches-r-u-ok-series-in-bsl-for-young-people/>

DOMESTIC ABUSE

National Helpline - Women's Aid & Domestic Abuse and Forced Marriages

0800 027 1234

<https://womensaid.scot/contact/> or <https://sdafmh.org.uk/>

Info from Mental Health Foundation on abusive relationships and staying at home
<https://mentalhealth.org.uk/coronavirus/abusive-relationships>

FAMILY SUPPORT SERVICES

Parentline – online advice, web chat and helpline for parents
08000 28 22 33

<https://www.children1st.org.uk/help-for-families/parentline-scotland/>

FINANCIAL DIFFICULTY – See Benefits too.

Bills – Struggling to pay your bills because of Coronavirus. Citizens Advice Scotland Info.

<https://www.citizensadvice.org.uk/scotland/debt-and-money/if-you-cant-pay-your-bills-because-of-coronavirus/>

Scottish Welfare Fund - helps families and people in Scotland who are on low incomes via grants

<https://www.mygov.scot/scottish-welfare-fund/>

HOME LEARNING

Numeracy

www.sumdog.com (use pupil's own log in)

www.topmarks.co.uk/maths-games/

www.mathplayground.com

<https://www.matific.com/gb/en-gb/home/>

Literacy

<https://www.scottishbooktrust.com/authors-live-on-demand>

<https://www.oxfordowl.co.uk/for-home/>

http://www.familylearning.org.uk/phonics_games.html

<https://www.jumpstart.com/parents/activities/reading-activities>

<https://www.phonicsplay.co.uk/index.htm>

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

Arts & Culture links

National Galleries Scotland www.nationalgalleries.org

National Museums Scotland www.nms.ac.uk

Creativity Portal <https://creativityportal.org.uk>

BBC Ten Pieces (music) <https://www.bbc.co.uk/teach/ten-pieces>

Nature Learning

<http://www.teachingthroughnature.co.uk/teaching-and-learning-resources/>

<https://www.wildlifetrusts.org/webcams>

Home Learning - Other websites:

Bitesize – Learning for all of the curriculum all across the school years

<https://www.bbc.co.uk/bitesize>

Cbeebies – A mix of games and puzzles – good for Early and 1st Level – some have a learning and revision element

<https://www.bbc.co.uk/cbeebies>

David Walliams - FREE audio story each day

<https://www.worldofdavidwalliams.com/elevenses/>

Doorway Online – Literacy and Numeracy tasks – particularly for Early and 1st Level

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

DuoLingo – Language learning website that is totally free with fun reading, speaking and writing activities.

<https://www.duolingo.com/>

Education City – Has some free resources for literacy and numeracy

<https://www.educationcity.com/>

ICT Games – Literacy and numeracy games for across the years, works on tablets/iPad

<http://ictgames.com/>

<https://www.bbc.co.uk/teach/live-lessons/bbc-teach-live-lessons-for-primary-schools/zmc9jvh>

Kahoot – Website with thousands of quizzes on various subjects

<https://kahoot.com/>

StudyLadder – Free during school hours

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

Brainpop - animated movies on topics in maths, science and English

<https://www.brainpop.com/>

Creative Bug - offers craft lessons, from knitting to jewellery-making, drawing and origami

<https://www.creativebug.com/>

Parentzone - Education/ Learning at Home section of Scottish Government site with lots of info and resources

<https://education.gov.scot/parentzone/learning-at-home/>

Scouts – The great outdoors indoors, loads of activities to do with kids, 6+ but could be adapted.

https://www.scouts.org.uk/the-great-indoors?utm_source=twitter&utm_medium=traffic&utm_campaign=staticcopy3

TED – ED: Short video clips, based on the popular TED Talks

<https://ed.ted.com/>

Twinkle Cosmic Kids – many nurseries use this site for getting kids moving and mindfulness

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

Tynker - coding lesson for kids

<https://www.tynker.com/>

@RSNO - Royal Scottish National Orchestra

@NYCOScotland - National Youth Choir of Scotland

YouTube Open School

<https://www.youtube.com/channel/UCySH5EKbN6>

[dJVT3Cx9mN6-g](https://www.youtube.com/channel/UCySH5EKbN6)

HOUSING

You can access more information on housing advice/ rights during coronavirus here:

https://scotland.shelter.org.uk/get_advice/scottish_housing_advice_coronavirus_COVID_19

<https://www.citizensadvice.org.uk/scotland/debt-and-money/if-you-cant-pay-your-bills-because-of-coronavirus/>

ISOLATION/ LONELINESS

See NHS Guidance at the end of this document.

LONE PARENTS – also see Family Support

One Parent Families Scotland – online and phone support

0808 801 0323

<https://opfs.org.uk/get-involved/news-and-events/news/preparing-for-the-coronavirus/>

Parentline

08000 28 22 33

<https://www.children1st.org.uk/help-for-families/parentline-scotland/>

MENTAL HEALTH & WELLBEING

For Adults:

Anxiety and Coronavirus – NHS Lanarkshire guidance

<https://www.nhslanarkshire.scot.nhs.uk/novel-corona-virus-covid-19/managing-anxiety/>

NHS Forth Valley – If you're ill <https://nhsforthvalley.com/health-services/know-who-to-turn-to-when-you-are-ill/mental-well-being/>

NHS Forth Valley Self Help Guides

<https://www.selfhelpguides.ntw.nhs.uk/forthvalley/>

Breathing Space

0800 83 85 87 or <https://breathingspace.scot/>

How to look after your mental health during the Coronavirus outbreak

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

5 Ways to Wellbeing

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

For Parents:

Anxiety – managing during coronavirus

<https://www.bbc.co.uk/bitesize/articles/zdjy9q>

Hands on Scotland - help and practical advice for supporting children and young people's mental health and emotional wellbeing

<http://handsonscotland.co.uk/>

NHS Forth Valley Child and Adolescent Mental Health Service (CAMHS) Self Help Guide

<https://nhsforthvalley.com/wp-content/uploads/2014/02/CAMHS-Self-Help-Resources.pdf>

R U OK? NHS Scotland series of leaflets for Children - Click the links below and scroll down to 'Resource Detail' and click 'open pdf'

RU Worried?

<https://www.hpac.nhs.uk/HPAC//MoreDetailsv4.jsp?id=22798&subjectId=0&sitename=hpac.nhsforthvalley.com&referrer=https://www.hpac.nhs.uk/HPAC/BrowseSearchv4.jsp?null>

R U Sad?

<https://www.hpac.nhs.uk/HPAC//MoreDetailsv4.jsp?id=22799&subjectId=0&sitename=hpac.nhsforthvalley.com&referrer=https://www.hpac.nhs.uk/HPAC/BrowseSearchv4.jsp?null>

R U Friends?

<https://www.hpac.nhs.uk/HPAC//MoreDetailsv4.jsp?id=22777&subjectId=0&sitename=hpac.nhsforthvalley.com&referrer=https://www.hpac.nhs.uk/HPAC/BrowseSearchv4.jsp?null>

When Someone Dies

<https://www.hpac.nhs.uk/HPAC//MoreDetailsv4.jsp?id=22776&subjectId=0&sitename=hpac.nhsforthvalley.com&referrer=https://www.hpac.nhs.uk/HPAC/BrowseSearchv4.jsp?null>

R U OK Series Parent's Guide

<http://www.healthscotland.com/documents/158.aspx>

R U OK, Friends, Sad, Worried, Break Ups Series? Audio Files of NHS Health Scotland's R U Ok Leaflet series

<https://soundcloud.com/nhs-health-scotland/sets/r-u-ok-series>

R U OK, Friends, Sad, Worried, Break Ups? BSL Clips

<http://www.deafaction.org/nhs-health-scotland-launches-r-u-ok-series-in-bsl-for-young-people/>

Stress management

<https://www.nhsinform.scot/healthy-living/mental-wellbeing#stress>

<https://www.nhsinform.scot/healthy-living/mental-wellbeing/stress/breathing-and-relaxation-exercises-for-stress>

PHYSICAL ACTIVITY

During stay at home we are still allowed to go out and exercise once a day. You can walk with anyone from your own household, cycle, run. Please check government guidance as this might change. If running isn't your thing, there are lots of indoor things you can do, have a google. Here's a couple of resources that might help:

NHS Free Fitness

<https://www.nhs.uk/live-well/exercise/free-fitness-ideas/>

Joe Wicks – Online PE

<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

PREGNANCY & POSTNATAL

Health Guidance for pregnant women and maternity professionals looking after them has been produced by the Royal College of Obstetricians and Gynaecologists.

<https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/>

Post Natal Health NHS Forth Valley

<https://nhsforthvalley.com/health-services/az-of-services/maternity/postnatal/>

Perinatal Befriending Support -helps mothers struggling with anxiety and depression in pregnancy, and after their baby is born.

<https://www.aberlour.org.uk/services/perinatalbefriending/>

Ready, Steady, Baby NHS Scotland site for parents to be and parents of babies and toddlers

<https://www.nhsinform.scot/ready-steady-baby>

OLDER PEOPLE/ GRANDPARENTS

Advice right now is telling us to stay at home. This means we can't all see our parents/ grandparents.

Age UK Website has lots of information about health and wellbeing, care and support, legal advice.

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

Alzheimer Scotland

0808 808 3000

<https://www.alzscot.org/>

Isolation and coronavirus advice from NHS – See NHS guidance at end of this document.

Supermarkets – some are doing special opening for older people and their carers, check local shops or order online for relatives.

SUBSTANCE USE

Forth Valley Family Support – support for families/ parents affected by someone in their families substance use

08080 10 10 11

<https://www.fvfamilies.org.uk/available-support>

Forth Valley Recovery Community – Peer support

01324 874969

<http://asc.me.uk/our-services/substance-misuse-recovery-development/>

VOLUNTEERING DURING CORONAVIRUS

NHS Volunteering – NHS are looking for 250,000 volunteers.

<https://www.goodsamapp.org/>

INFO FOR YOUNG PEOPLE – Please also see sections above

ISOLATION/ LONELINESS

See NHS Guidance at the end of this document.

HOME LEARNING

See the section above

LONE PARENTS – also see Family Support

One Parent Families Scotland – online and phone support

0808 801 0323

<https://opfs.org.uk/get-involved/news-and-events/news/preparing-for-the-coronavirus/>

Parentline

08000 28 22 33

<https://www.children1st.org.uk/help-for-families/parentline-scotland/>

MENTAL HEALTH & WELLBEING

See MHWB section above too it might be useful. The resources below are more for young people.

Anxiety – managing during coronavirus

Anxiety UK Site

<https://www.anxietyuk.org.uk/coronanxiety-support-resources/>

Article on anxiety and Coronavirus

<https://www.bbc.co.uk/bitesize/articles/zdijyv9q>

Breathing Space - need to talk to someone or need advice?

0800 83 85 87 or <https://breathingspace.scot/>

CAMHS NHS Forth Valley Child and Adolescent Mental Health Service (CAMHS) Self Help Guide

<https://nhsforthvalley.com/wp-content/uploads/2014/02/CAMHS-Self-Help-Resources.pdf>

Cognitive Behaviour Therapy Self Help Site

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

5 Ways to Wellbeing

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

Headspace – stress less

<http://www.headspace.com/covid-19>

How to look after your mental health during the Coronavirus outbreak

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

Isolation due to coronavirus – See NHS guidance at end of this document

OCD Survival Tips

<https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>

R U OK? Audio Files of NHS Health Scotland's R U Ok Leaflet series

<https://soundcloud.com/nhs-health-scotland/sets/r-u-ok-series>

Samaritans have specific advice about mental health during coronavirus and their helpline

Call 116 123 or <https://www.samaritans.org/scotland/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

Self Help Guides - NHS Forth Valley. Loads of guides on different things about mental health

<https://www.selfhelpguides.ntw.nhs.uk/forthvalley/>

Teenage Mental Health Site

<https://stem4.org.uk/>

Young Scot has lots of information on wellbeing and coronavirus and other info too

<https://young.scot/campaigns/national/coronavirus>



TIPS ON HOW TO COPE IF YOU ARE WORRIED ABOUT CORONAVIRUS AND IN ISOLATION

This advice is for you if you are self-isolating and experiencing much higher levels of distress than is normal for you, and you are struggling to cope with day-to-day things.

If you are having trouble dealing with worries about the coronavirus you are not alone. Lots of people will have worries about this which is understandable. Being in isolation might cause you to feel worried and more on edge than normal. The majority of people find these feelings pass. The key thing to remember is that these reactions are normal in times of difficulty. It is helpful to remember that these are ordinary feelings and normal reactions for anyone who is in this abnormal situation.

Self-isolation can still be anxiety provoking for some. It is unusual. Like all unusual events, stress, boredom and worries about health, family or work can feel worse. If you have had previous mental health or psychological difficulties, then it is important to know that your normal worries may return or feel worse for a period of time. Isolation can also cause practical day to day difficulties which can cause feelings of frustration or lead you to feel lower in mood. For most people symptoms are minimal and will likely pass in the weeks following a return to normal activities. It is important to remember these feelings will pass. There is also lots you can do to help yourself feel better and use the time in positive ways as your health allows.

This handout is designed to help you manage those feelings and learn some tips, tools and techniques.

If you feel overwhelmed when in isolation the following can be helpful:

- For some people, this can be an opportunity to strengthen relationships across your life both with those in the household and across your network, using digital ways of connecting.
- Be aware that time together can also highlight tensions and challenges in relationships, so consider how to manage inevitable stresses. If you are not safe at home, please contact support agencies such as Scottish Women's Aid or your Police Scotland.
- Take the time to reflect on what you value most and help each other through difficult days.
- Instead of dwelling on what might happen, focus on the here and now. Think about ways you can improve what is important in your life and make positive plans and goals about what you want to do when you feel better.
- Be imaginative about how you use your time. If you can maintain a routine and keep busy where possible, this is likely to be really helpful.
- Use the time productively (as your health allows) and try new things. Think of all the projects you have put off and things such as all the books you have not had time to read. This is an opportunity to do things you have not had time to do for yourself before.
- Taking positive steps to improve your skills and get done what you can will help. Use the time to develop your skills and knowledge about new things and you may come out of self-isolation

having a sense of achievement. Shakespeare wrote King Lear while quarantined for the plague!

- You can try using technology to increase social connection such as making a call or using Face Time. Set up a local group on social media to support each other. Keep messages positive and help each other develop a strong sense of community.
- Think about ways you can help someone else as health allows. This can be an encouraging message or a call to someone else in isolation or doing something practical at home for someone you love.
- Limit the time you watch the news, look on social media or look online for information about the virus. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried. Seek information updates at specific times during the day, once or twice and consider turning off 'notifications' from news apps on your mobile phone outwith these times. Instead look for positive messages and ways communities are supporting each other.
- Get the facts - from trusted websites and local health authorities' platforms, in order to help you distinguish facts from rumours. Facts can help to minimise fears.
- If you need to, make contact with local services and use professional supports you already have. Isolation does not mean you cannot be in contact with your health or support network.
- Family, friends, faith organisations and community groups can all be a source of support both during, and after, a period of isolation. Contact them for support as needed.
- Be kind to yourself and understand that things might feel difficult for a few weeks. Use the time to look after yourself in ways you cannot normally do due to the busy lives we usually lead.
- Take time out to get sufficient sleep, exercise, rest, and relaxation. Eat regularly and healthily. This will help your body recover more quickly.
- If you can, consider how you might make physical activity or exercise a regular part of your day. Perhaps by using online exercise videos or yoga routines which you can find on YouTube.
- Talk to others about your experience and how you are feeling. Be open and honest. Others are probably feeling the way you are too.
- Try to reduce demands placed on you and don't take on extra responsibilities for the time being. Don't be critical of yourself and if you feel you can't do much that's okay too.
- Be aware that difficult feelings and thoughts may last for longer than you might expect. You may notice a disruption to your thoughts and feelings for days or even weeks. Such reactions are within the normal range when faced with stressful events and will get better for most people. Some people may experience persistent problems with difficult thoughts or feelings that interfere severely with your sleep or role functioning. Such persistent problems may be a sign that you could benefit from seeking help for your mental health.

If you do want to find out some information, get accurate information from a reliable source such as [NHS Inform](#), [NHS 24](#) or the [online 111 service](#).

If you have general worries about coronavirus but are not unwell you can call: 0800 0282816.

If you feel low, anxious or depressed you can call [Breathing Space](#), a free and confidential phone service in Scotland: 0800 83 85 87.

Here are some free websites, online therapies and Apps you can also use to help you manage your feelings:

When in Self Isolation Affected By Coronavirus

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

https://www.who.int/docs/default-source/coronaviruse/mental-healthconsiderations.pdf?sfvrsn=6d3578af_2 <https://psychcentral.com/blog/coronavirus-anxiety-4-ways-to-cope-with-fear/>

General Self Help about managing your own mental health and sleep

<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing> <http://mentalhealthsupport.co.uk/ns/>
<https://breathingspace.scot/>

On line self-help programs you can access to help support your mental health and sleep

<https://www.sleepio.com/>

Useful Apps



situations.

Mind Shift Mind Shift is a mental health app designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. It can encourage you to take charge of your life, ride out intense emotions, and face challenging



Self Help for Anxiety Management (SAM) might be perfect for you if you're interested in selfhelp, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behaviour over time, and learn 25 different self-help techniques. You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support.



Happify, Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.



The Headspace app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus. The app also has a handy “get some headspace” reminder to encourage you to keep practicing each day.



Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music. This app is truly universal; whether you’ve never tried meditation before or regularly practice, you’ll find the perfect program for you.



Smiling mind is a way to practice daily meditation and mindfulness exercises from any device. Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life. This is really helpful during times of stress and is a fun and unique way to help you put a smile on your mind 🧠

There are many other apps you could try which could be helpful; you may find your own that you like better. You can find a list of mental health apps recommended by the NHS [here](#).

There are also many organisations that can provide support which you might find helpful.