

# COVID-19

Taking care of your emotional wellbeing



## General wellbeing



8 ways to look after your mental health

**ACTION FOR HAPPINESS**

Coping Calendar



**The Happiness Trap**

How to face covid

Video

E-book



Coronavirus and your wellbeing



Practices, resources, and articles



**My Whole Self**

Working from home

## Tailored resources



OCD and coronavirus



Resources for autistic people



Learning disability support

Aphasia friendly support

Easy read information

## Mindfulness and meditation



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## Helplines



List of mental health helplines



Domestic violence helplines

## Virtual events and wellbeing activities



Exercise classes

Virtual tours of the world's most famous landmarks



Art, music and culture

## Practical help



Get help from an NHS volunteer responder



GREATER MANCHESTER POVERTY ACTION

Food, household repair and advice



Coronavirus guidance