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Please also see the wellbeing pages for more Wellbeing Resources and helpful advice about coping with CoronaVirus .

<p>Every Mind Matters - NHS information about how to improve your mood. https://www.nhs.uk/oneyou/every-mind-matters/low-mood/?WT.tsrc=Search&WT.mc_id=low-mood&gclid=EAlaQobChMI08imn_2A6QIVzO3tCh3w2g1AEAAAYASAAEgLztfD_BwE</p> <p>Managing your Mood - a CIC leaflet https://www.well-online.co.uk/mind-body/depression/managing-your-mood/</p>	<p>Low Mood:</p>  
<p>Every Mind Matters - information for those feeling anxious. https://www.nhs.uk/oneyou/every-mind-matters/anxiety/</p> <p>Mental Health Foundation - Overcoming fear and anxiety https://www.mentalhealth.org.uk/publications/overcome-fear-anxiety</p> <p>CIC - Anxiety https://www.well-online.co.uk/wp-content/uploads/2018/03/Anxiety.pdf</p>	<p>Anxiety:</p>   
<p>Low Mood ,Sadness and Depression https://www.nhs.uk/conditions/stress-anxiety-depression/low-mood-and-depression/</p> <p>Mood self assessment https://www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/</p> <p>Understanding Depression a CIC leaflet https://www.well-online.co.uk/wp-content/uploads/2018/03/Understanding-Depression.pdf</p>	<p>Depression:</p>  
<p>Loneliness https://www.mentalhealth.org.uk/coronavirus/coping-with-loneliness</p>	<p>Loneliness</p> 

<p>Sleep and Insomnia a CIC leaflet https://www.well-online.co.uk/wp-content/uploads/2018/03/Sleep-and-Insomnia.pdf</p> <p>Trouble Sleeping https://www.nhs.uk/oneyou/every-mind-matters/sleep/</p>	<p>Sleep:</p>  
<p>Balancing Wellbeing an article from Occupational Health http://www.reading.ac.uk/web/files/humanresources/Wellbeing_article.pdf</p> <p>Guidance for the public on mental health and wellbeing aspects of coronavirus COVID-19 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</p> <p>Supporting your mental health whilst working from home. http://www.reading.ac.uk/web/files/staffportal/Supporting-mental-health-while-working-from-home.pdf</p>	<p>Health and Wellbeing:</p>   
<p>Coronavirus and your wellbeing a wellbeing tool kit from MIND https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/</p> <p>Coping with stress during Coronavirus a WHO leaflet (see Wellbeing website)</p> <p>10 tips for those who are worried https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/</p>	<p>Coronavirus and Wellbeing:</p>   

<p>Debt Information from CIC https://www.well-online.co.uk/money/debt-information/</p> <p>Guidance and Support from the Government See Work, Financial support and money https://www.gov.uk/coronavirus</p> <p>Guide to Coronavirus and Money https://resources.salaryfinance.com/hubfs/Content/Employee_Comms_/Employee_Guide_to_Coronavirus_and_Money_Generic.pdf</p>	<p>Financial Wellbeing</p> <p>Well Online</p> 
<p>Supporting children and young people during coronavirus https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak</p> <p>Supporting your child during the Corona Virus Pandemic https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/</p> <p>CoronaVirus https://www.ageuk.org.uk/information-advice/coronavirus/</p>	<p>Support for Carers</p>  <p>Public Health England</p> <p>YOUNGMIND</p> 