

The following charities have good resources to help manage mental health during this difficult time.

Anna Freud Centre:

<https://www.annafreud.org/coronavirus/>

MindUK

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

NHS Every Mind Matters

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

YoungMinds

<https://youngminds.org.uk/search-results/?terms=Coronavirus>