

Websites

Bereavement

www.cruse.org.uk

<https://www.gov.uk/bereavement-support-payment>

Hospitals and Hospices in which someone was treated and/or died

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

<https://www.careforthefamily.org.uk/family-life/bereavement-support/supporting-bereaved-people/further-help>

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

Children

<https://thrive-worldwide.org/index.php/blog/how-talk-our-children-during-covid-19>

<https://thrive-worldwide.org/index.php/blog/parenting-challenging-season>

Church of England Website

<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-churches#na>

Counselling

<https://interdiocesan counselling service.org.uk/>

<https://www.england.nhs.uk/mental-health/adults/iapt/>

Access to counselling and psychotherapy through GP

<https://www.selfhelpservices.org.uk/service/manchester-etherapy-service-4/>

Feeling Better & Coping Skills

<https://www.nhs.uk/conditions/stress-anxiety-depression/feel-better-and-happy/>

<https://www.verywellmind.com/forty-healthy-coping-skills-4586742>

<https://positivepsychology.com/coping-skills-worksheets/>

Mental Health

<https://www.mind.org.uk/coronavirus-we-are-here-for-you/>

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

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

www.anxietyuk.org.uk

<https://thrive-worldwide.org/index.php/blog/understanding-your-anxiety-during-covid-19>

www.menshealthforum.org.uk

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

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

Mood assessment

<https://www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/>

Relationships

www.relate.org.uk

Sleep

[https://www.sleepio.com/work/nhs/#/welcome? k=fm1830](https://www.sleepio.com/work/nhs/#/welcome?k=fm1830)

Suicide

<https://papyrus-uk.org/>

www.samaritans.org.uk free 24-hour helpline 116 123

Working from home

www.hse.gov.uk/pubns/ck1.pdf

<https://mentalhealth-uk.org/blog/how-to-look-after-your-mental-health-while-working-from-home/>

<https://mentalhealth-uk.org/blog/looking-after-children-and-yourself-while-working-from-home/>

Other

<https://reading-well.org.uk/books/mood-boosting-books>

<https://www.nhs.uk/conditions/stress-anxiety-depression/time-management-tips/>

<https://mentalhealth-uk.org/blog/6-ways-to-boost-your-wellbeing-while-staying-indoors/>