

Be Informed & Prepare



Advise & Information: Staying at home, Symptoms, Travel

www.gov.uk/coronavirus
www.nhs.uk/conditions/coronavirus-covid-19/
<https://111.nhs.uk/covid-19>

Apps & Resources

Mindfulness

www.freemindfulness.org/download

[Headspace headspace.com](http://headspace.com)

[Ten Per Cent Happier - tenpercent.com](http://TenPerCentHappier.com)

Mental Health

[Big health: www.bighealth.com](http://BigHealth.com)

www.recoverycollegeonline.co.uk/

Psychological First Aid

www.who.int/mental_health/publications/guide_field_workers/en/

COVID 19

Your Wellbeing

RESOURCE LINKS

COVID 19 affects all including Psychological Professionals. Staff health, wellbeing and safety during this pandemic should be paramount

Professional Guidance



<https://thepsychologist.bps.org.uk/coronavirus-psychological-perspectives/>;
<https://connect.bps.org.uk/dcp/home>
www.apa.org/news/apa/2020/03/psychologist-covid-19;
www.psychotherapy.org.uk/ukcp-news/;
www.bacp.co.uk/about-us/faqs-about-coronavirus/;
www.psychology.org.au/COVID-19-Australians
<https://eena.org/coronavirus/>

Psychosocial Support



www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak;
learn.nhs.scot/28063/coronavirus-covid-19/psychosocial-support-and-wellbeing/;
www.mentalhealthatwork.org.uk/toolkit/coronavirus-and-isolation-supporting-yourself-and-your-colleagues/
<https://covidresponse.wixsite.com/traumagroup?>



Working Conditions

Working Conditions & Flexible Resourcing

Consider the Working Time Regulations 1998, to ensure appropriate working hours, breaks. <https://unitetheunion.org/campaigns/coronavirus-covid-19-advice/>

Wellbeing & Safety

Self-isolation and Statutory Sick Pay (SSP)

<https://www.acas.org.uk/coronavirus>
<https://www.cipd.co.uk/knowledge/fundamentals/emp-law/health-safety/coronavirus-factsheet>
<https://unitetheunion.org/campaigns/coronavirus-covid-19-advice/>

Working From Home

Effective Digital Therapy

<https://connect.bps.org.uk/dcp/home>
<https://www.nhs.uk/oneyou/everyou-mind-matters/coronavirus-covid-19-staying-at-home-tips/>
<https://www.psychology.org.au/COVID-19-Australians>