



Anxiety/Mental health/Loneliness

- [How to reduce high anxiety now:](#) Thinking about past pleasant memories may help some people with immediate stress (article)
- [WHO guidance to support mental health during this time](#)
- [MIND coronavirus and your wellbeing](#)
- [9 ways to stay positive during this period](#)
- [Blog from Anna Mathur, Psychotherapist - dealing with Coronavirus anxiety](#)
- [Sensory stuck at home - support group on Facebook for adults](#)
- [Telephone befriending service for the elderly](#)
- [Living life to the full - Free online course to change your life for the better](#)
- [Mindfulness and meditation](#)
- [5 Ways to wellbeing](#)
- Self-Help Resources for those with mental health conditions
- [Bereavement counseling](#)