



1. Home (https://www.gov.uk/ukgwa/20200330171510mp_/https://www.gov.uk/)
 2. COVID-19: guidance for the public on mental health and wellbeing (https://www.gov.uk/ukgwa/20200330171510mp_/https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing)
1. Public Health
England (https://www.gov.uk/ukgwa/20200330171510mp_/https://www.gov.uk/government/organisations/public-health-england)

Guidance

Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19)

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What you need to know

The coronavirus (COVID19) outbreak is going to have an impact on everyone's daily lives, as the government and the NHS take necessary steps to manage the outbreak, reduce transmission and treat those who need medical attention.

It may be difficult, but by following guidance on social distancing (https://webarchive.nationalarchives.gov.uk/ukgwa/20200330171510mp_/https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults#background-and-scope-of-guidance), or staying at home (https://webarchive.nationalarchives.gov.uk/ukgwa/20200330171510mp_/https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection#looking-after-your-wellbeing-whilst-staying-at-home), you are helping to protect yourself, your family, the NHS and your community.

During this time, you may be bored, frustrated or lonely. You may also feel low, worried, anxious, or be concerned about your health or that of those close to you. Everyone reacts differently to events and changes in the way that we think, feel and behave vary between different people and over time. It's important that you take care of your mind as well as your body and to get further support if you need it.

Background

This guide provides advice on how to look after your mental health and wellbeing during the coronavirus (COVID-19) outbreak.

For wider guidance on how to protect yourself and others, and actions to take if you think you may have contracted the virus please see the guidance on this page (https://webarchive.nationalarchives.gov.uk/ukgwa/20200330171510mp_/https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response).

This guidance will be updated in line with the changing situation.

What can help your mental health and wellbeing

Consider how to connect with others: Maintaining relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family via telephone, video calls or social media instead of meeting in person – whether it's people you normally see often or connecting with old friends.

Help and support others: Think about how you could help those around you – it could make a big difference to them and can make you feel better too. Could you message a friend or family member nearby? Are there community groups that you could join to support others locally? Remember it's important to do this in line with guidance on coronavirus (COVID-19) to keep yourself and everyone safe. And try to be accepting of other people's concerns, worries or behaviours.

Talk about your worries: It is quite common to feel worried, scared or helpless about the current situation. Remember that this is a difficult time for everyone and sharing how you are feeling and the things you are doing to cope with family and friends can help them too. If you don't feel able to do that, there are people you can speak to via NHS recommended helplines (<https://webarchive.nationalarchives.gov.uk/ukgwa>