

Information, advice and support for young people during COVID-19.

Dealing with anxiety during covid-19

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

Lots of information and resources to help you cope with coronavirus and the impacts it has on you.

<https://www.foyer.net/news/covid-19-helpful-resources-for-working-with-young-people>

A series of audio guides to help you cope with issues including depression, stress and anxiety.

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

Body & Soul is providing a weekly MindSET Livestream session that will be accessible to any young person in psychological distress.

<http://bodyandsoulcharity.org/sharethelove/#text-blocks-mindset>

A podcast where OCD expert Dr Jon Grayson answers listener questions about the coronavirus and OCD.

<https://theocdstories.com/podcast/dr-jon-grayson-coronavirus-covid-19-ocd/>

Advice for making sure you sleep well during the pandemic

<https://www.youthaccess.org.uk/downloads/hunrosa-covid-infographic1.pdf>

Peace First is launching a rapid response grant process to help young people around the world lead projects that address community impacts of COVID-19, from providing meals to elderly neighbours to launching digital mental health campaigns to support youth feeling isolated. Rapid response grants are open to young people between the ages of 13-25, anywhere in the world.

<https://www.peacefirst.org/covid-19>