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We've put together some useful links to articles that you might find helpful in dealing with the effects of the coronavirus pandemic. We will add to this page regularly as the situation continues to unfold.

Mind
https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/

Government Advice
https://www.gov.uk/coronavirus

NHS Advice
https://www.nhs.uk/conditions/coronavirus-covid-19/

Mental Health Helplines
https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/

NHS Fitness Studio
https://www.nhs.uk/conditions/nhs-fitness-studio/?fbclid=IwAR3_U3PdyaBYV6jXxqjAcrwy2Ve7N6S9RQFmRAnIfF-nQvySoeT2JcAisDo

Health Watch England
https://www.healthwatch.co.uk/coronavirus-advice-and-guidance

Department for Education Coronavirus helpline
https://www.gov.uk/government/organisations/department-for-education.
Phone: 0800 046 8687
Email: DfE.coronavirushelpline@education.gov.uk

The British Psychological Society
Talking to children about Coronavirus

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