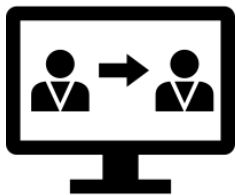




Worried about COVID

NHS mental health and wellbeing advice



Stay connected with people



Talk about your worries



Support and help others



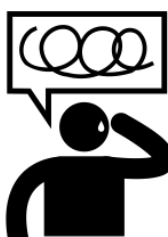
Feel prepared



Look after your body



Stick to the facts



Stay on top of difficult feelings



Do things you enjoy



Focus on the present



Look after your sleep