



# LOOKING AFTER YOUR MENTAL HEALTH & WELL-BEING

*DURING THE COVID-19  
(CORONAVIRUS) OUTBREAK*

Reliable sources of information on looking after your mental health and well-being during the Covid-19 (Coronavirus) outbreak:



**SAMH:** 'Coronavirus and your mental wellbeing'



**BBC News:** 'Coronavirus: How to protect your mental health'



**Mind:** 'Coronavirus and your wellbeing'



**Mental Health Foundation:**

'Looking after your mental health during the Coronavirus outbreak'



**World Health Organisation:**

'Mental Health and Psychosocial Considerations During COVID-19 Outbreak'



The Money Advice Service have published helpful articles to support people financially during the outbreak:

'Coronavirus and your money'

'Coronavirus - what it means for you'



Citizens Advice Scotland have also issued guidance.