Useful Website from School Nursing Service

Anxiety UK - advice and helpline

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

Mental Health Foundation - Looking after your mental health during coronavirus outbreak
https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak

OCD Action - skype/phone support groups
https://www.ocdaction.org.uk/support-groups/online2

Place2Be Talking to children about coronavirus

RCOG - Advice for pregnant women