

INFORMATION AND HANDOUTS

Mental Health and Psychosocial Considerations during COVID-19 Outbreak

World Health Organization

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

MANAGING ANXIETY AND STRESS

Living with Worry and Anxiety amidst Global Uncertainty

Psychology Tools

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

Mental Health Foundation Tips

<https://www.mentalhealth.org.nz/get-help/covid-19/top-tips-to-get-through/>

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html#parents>

FACE COVID | Russ Harris

Practical steps for responding effectively to the COVID-19, using the principles of acceptance and commitment therapy (ACT).

https://drive.google.com/file/d/1_O8grFdwMDuGVIE_RvdRfhHhf6xf3tY8/view?fbclid=IwAR2bqIQ8WWPzmemAf7ExBIsL3grQmR10HBs9u_uTa3DxXPDdh3wiPi1cjxQ

<https://youtu.be/BmvNCdpHUYM>

7 Science-Based Strategies to Cope with the COVID-19 Anxiety

<https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>

AVAILABLE SERVICES

- COVID-19 Healthline: 0800 358 5453
- Healthline: 0800 611 116
- Depression Helpline: 0800 111 757 or text 4202
- Mental Health Crisis Team: 0800 653 357
- Alcohol & Drug Helpline: 0800 787 797 or text 8681
- Safe to talk: Sexual harm helpline: 0800 044 334 or text 4334
- Gambling Helpline: 0800 654 655 or text 8006
- Quitline: 0800 778 778 or text 4006
- OUTline: 0800 688 5463
- Youthline: 0800 376 633
- Oranga Tamariki: 0508 326 45