HOW CAN YOU CARE FOR YOUR MENTAL HEALTH DURING THIS TIME OF UNCERTAINTY?

ACKNOWLEDGE

Be aware of how you feel. It's okay to be worried. Be aware of how your mind and body are responding and know that you're not alone in the way that you feel.

KNOW THE RISKS

If you're in a high-risk category, find out more information on how reduce your risk of illness. If you're not, it's still important to practice good habits to help protect those who are.

GET THE FACTS

Feeling uncertain is okay, but if we know the facts, it can help us to stay calm, vigilant and not to panic. Avoid making assumptions and show kindness towards others.

SWITCH OFF

While it's important to stay informed, a constant stream of news can impact your mental health. Make sure you recognise when it's making you feel worse.

SELF + FAMILY CARE

While you might be unable to be physically near people or activities you enjoy, you can call, video call or text to keep in touch. Particularly if you've noticed that you're feeling anxious or worried, it's important to reach out and ask for support from friends and family.

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