

Public Health England's Every Mind Matters service has launched a new suite of tips and advice, focused on looking after people's mental wellbeing during the coronavirus (COVID-19) outbreak.

Every Mind Matters encourages people to create a personal Mind Plan - a quick and free interactive tool offering tailored mental wellbeing advice.

The resources include:

- A tailored COVID-19 Mind Plan
- Content for individuals and their loved ones on managing their mental wellbeing during the outbreak
- Support for specific mental health issues such as anxiety, stress, low mood and trouble sleeping.



Now, more than ever

For simple steps to look after your mental wellbeing
search **Every Mind Matters**

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES