

Available resources for the participants

We know these are challenging times and some may find this uncharted territory overwhelming. If you have been affected by any of the questions in the survey, or feel that you need support for your emotional wellbeing, you may find some of these resources helpful:

General Information

Good Thinking

Free for Londoners to access and provides support to those who feel anxious, sleep deprived, stressed or sad. The platform has recently been updated with specific resources to support the mental health and wellbeing of Londoners in response to coronavirus which can be found [here](#).

Mind

A website with useful information, advice and support to help cope with stress, anxiety, difficulty sleeping, depression and more.

Some Useful Wellbeing Apps

One You: Every Mind Matters

Every Mind Matters has been created by Public Health England, with tips and advice developed with experts and approved by the NHS to help you discover simple steps to look after your mental health. It has also been endorsed by the Royal College of General Practitioners.

Get started with [a short free quiz to create Your Mind Plan](#)

Down Dog Yoga App

Completely free for healthcare workers till Jan 2021

HeadSpace

Popular mindfulness and meditation app free for NHS staff until December 2020

Useful helplines for support

Samaritan

A free 24-hour support line if you want to talk through your concerns, worries and troubles

Papyrus

An available helpline (Hopeline UK) for young people under the age of 35 experiencing thoughts of suicide, or for anyone concerned that a young person could be thinking about suicide

Targeted Specialist support

Improving Access to Psychological Therapies (IAPT)

IAPT is a programme that has transformed the treatment of adult anxiety disorders and depression in England. If you feel you would benefit from counselling or therapy offered by trained clinicians, you can [self refer](#) to your local IAPT service. Please click the above link to locate your local service.

CONTACT

For further information about the CoPE-HCP study, please email our research personnel at cope.hcp@qmul.ac.uk; *however, please note that if you are concerned about your mental or physical health or any other health related issue, please contact your GP or occupational health departments.* .