Mental Health and Wellbeing: Government [guidance](https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19)

**House of Pride** LGBT+ guide to [self-isolation](https://knock.houseofpride.co/covid-19?fbclid=IwAR1-ZukXGMrKZyrC1Yy0leeI-PeuHKkI6Pi63FVCW99ilStLTLJ2_Z55qTw)

**One You** NHS home workout [videos](https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/)

NHS sitting [exercises](https://www.nhs.uk/live-well/exercise/sitting-exercises/)

**BBC Sounds 10 Today:** physical activity for older [people](https://www.bbc.co.uk/sounds/brand/p087wddm)

**Later Life Training** are uploading 3 “bite size” exercise sessions a day 0800 , 1200 1600 (for 30 days) on their [Facebook page](https://www.facebook.com/LaterLifeTraining/)**.** The videos can also be accessed on [YouTube](https://www.youtube.com/channel/UCqen30veJkDw_izbDFMyb6w)

**Good Thinking** have produced a digital tool which signposts individuals to anxiety, stress, and mood related [resources](https://www.good-thinking.uk/)

**Mind** has provided practical tips and advice for staying at home, taking care of mental health and wellbeing, support for work, benefits and housing and a checklist for staying at [home](https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/)

**Mindfulness Initiative** have curated a list of free mindfulness [resources](https://www.themindfulnessinitiative.org/covid-19-mindfulness-resources-for-health-and-care-staff)

**Bipolar UK** have provided a list of apps for varying mental health and stress related [needs](https://www.bipolaruk.org/blog/staying-connected-during-covid-19)

**Mayor of London** mental health [webpage](https://www.london.gov.uk/coronavirus/coronavirus-and-looking-after-your-mental-health?utm_campaign=MftM%2018%20April%202020%3A%20COVID-19%20and%20mental%20health&utm_source=emailCampaign&utm_content=&utm_medium=email)