

<p>Loss and bereavement</p>	<p>Family member or close friend who passed away Family member or friend that has been ill. Loss of job Loss of house/ stability Loss of engagement with others</p>	<p>https://www.mentalhealth.org.uk/coronavirus/change-loss-and-bereavement</p> <p>https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/</p> <p>https://www.cruse.org.uk/get-help/for-schools</p> <p>https://www.cruse.org.uk/get-help/for-parents</p> <p>https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/</p>	
<p>Living with existing mental health problems during covid</p>	<p>Harder to get support Loss of stability Loss of early recognition signs Worsening of obsessive behaviours or intrusive thoughts Self harm increasing Not being able to access our support network Loss of coping strategies</p>	<p>https://www.mentalhealth.org.uk/your-mental-health/getting-help</p> <p>https://www.mentalhealth.org.uk/publications/gp-visit-guide</p> <p>https://www.mentalhealth.org.uk/coronavirus/mental-health-tips</p> <p>https://www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/</p> <p>https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-depression/</p> <p>https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#TakingCareOfYourMentalWellbeing</p> <p>https://www.mentalhealth.org.uk/coronavirus/four-nations-advice</p>	

<p>Challenging experiences at home</p>	<p>Domestic Violence Abuse or neglect Family conflict Financial concerns Worry about someone else Caring responsibilities Hunger Insecure housing</p>	<p>Refuge Childline Young minds NHS http://www.sane.org.uk/what we do/support/supportforum</p>	
<p>Uncertainty / stress</p>	<p>Family uncertainty Living arrangements Food Further risk of future lock downs Lack of confidence Mixed messages</p>	<p>https://www.nhs.uk/oneyou/every-mind-matters/coping-loneliness-during-coronavirus-outbreak/ https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/ https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-stress/</p>	
<p>Dealing with new feelings you may not have felt before</p>	<p>Anxiety Stress Worry Lack of sleep Anger Not knowing how you feel Low mood</p>	<p>https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic/ https://www.nhs.uk/conditions/stress-anxiety-depression/low-mood-and-depression/ https://www.nhs.uk/conditions/stress-anxiety-depression/feeling-lonely/ https://www.nhs.uk/conditions/stress-anxiety-depression/controlling-anger/ https://www.nhs.uk/conditions/stress-anxiety-depression/feel-better-and-happy/</p>	