

Coronavirus & Freelancers

Freelancers, we understand it is a challenging time, so please find some reputable sites providing mental health support to us all during the Coronavirus outbreak:

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

The Film & TV Charity (<https://filmtvcharity.org.uk/>) have an e-mail address for people seeking mental health support: mentalhealth@filmtvcharity.org.uk. Or, call their support line on 0800 0540000.

The Guardian has also published an article:

<https://www.theguardian.com/lifeandstyle/2020/mar/17/silver-linings-how-to-stay-positive-during-the-coronavirus-crisis>

Headspace is offering its services for free at the moment. Meditations and articles addressing stress and anxiety: <https://www.headspace.com/covid-19>

NHS Recommended Mental Health Apps:

Be Mindful – an online course to help reduce stress and anxiety using mindfulness-based cognitive therapy (£30)

Big White Wall – get round-the-clock support from therapists to help you cope with stress and anxiety

Catch It – learn to manage negative thoughts and look at problems differently (probably not the best app name under the circumstances!)

Chill Panda – use breathing techniques to help you relax more, worry less and feel better

Also, head to The Talent Manager for more advice.

[**Mental Health Support – Coronavirus Advice for Freelancers**](#)

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