

General Guidance on Coronavirus

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance#guidance-for-the-public>

Keeping fit- NHS workouts

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

NHS fitness studio

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

Mental Health and Well being during COVID 19

<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>

Mental Health- list of agencies offering support

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Dealing with a mental health crisis or emergency

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency/>

Guidance for supporting young people and children

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>