

ACHD Psychology Resources:

Coronavirus – Anxiety/worry/low mood

Useful resources: (Information/ Apps/ Webinars/ podcasts etc)

Information regarding Coronavirus and vaccine:

Please note government information may be updated at any time, please continue to look at the Welsh Government website for up to date information

We know this is a very stressful time and you may be feeling anxious and worried. You are not alone and there is support available to help you. Your GP will be able to discuss options with you. We have also provided some resources below.

Welsh Government:

<https://gov.wales/alert-level-4>

<https://gov.wales/alert-level-4-frequently-asked-questions>

ACHD Network website:

<https://www.swswchd.co.uk/en/blog/13>

Vaccine information:

<https://www.bhf.org.uk/information-support/heart-matters-magazine/news/coronavirus-and-your-health/coronavirus-vaccine-your-questions-answered>

<https://phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccination-information/about-the-vaccine/>

*nb unfortunately your cardiac team has no control over when you will receive your vaccine, your GP/ health provider will contact you when this is available for you.

Coronavirus recovery support:

<https://www.yourcovidrecovery.nhs.uk/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-treat-symptoms-at-home/>

https://keepingmewell.com/?fbclid=IwAR3Eu2p4KUVF5TpvFq6KOpszOSZdPPqEowZAgDHn8uEgry_xLRkzHNG5SZA

<https://hduhb.nhs.wales/healthcare/covid-19-information/covid-19-recovery/recovery-accordion/psychological-and-emotional-impact-of-illness/>

The COVID Recovery app, (available on the [App Store](#) for Apple devices or the [Google Play Store](#) for those using Android), has been developed by the NHS Wales respiratory health group on behalf of the Welsh Government. It has been designed to offer people a bespoke tool and personal coach to help them on their road to recovery

Coronavirus mental health support and resources specifically for young people:

<https://youngminds.org.uk/>

Free Counselling for anyone in Wales effected by coronavirus:

<https://breathe-uk.com/funded-free-counselling/>

Videos

1. Coronavirus: uncertainty and anxiety support with psychologist Dr Anna McCulloch:
<https://www.youtube.com/watch?v=WYHwUUMaVLw&feature=youtu.be>

2. 6 Ways to Cope with COVID Worry –

<https://www.youtube.com/watch?v=a5WgPKHxYFE>

3. Dealing with Anxiety and Mental Health During a Pandemic -
<https://www.youtube.com/watch?v=xzNMABRELPg>

4. Managing Worry About Coronavirus –

<https://www.youtube.com/watch?v=uEPmvXKhSNM>

5. Dealing with Coronavirus Anxiety –

<https://www.youtube.com/watch?v=dMOhYAubXG>

Online Webinars

1. COVID Managing Uncertainty and Anxiety Webinar -
<https://www.youtube.com/watch?v=9wuJOuFDFLE>
2. Coping Well During COVID Webinar Anxiety –
<https://www.youtube.com/watch?v=3uHqzEqOHBM>
3. Coping Well During COVID Webinar Sleep –
<https://www.youtube.com/watch?v=t-GZkmByNk8>
4. Coping Well During COVID Webinar Wellbeing –
<https://www.youtube.com/watch?v=2iIKPTWYPMw>
5. Coping Well During COVID Webinar Low mood –
<https://www.youtube.com/watch?v=F2vYegnCjrY>

Self Help Guides

1. Covid Self Help Booklet Series –
<https://www.scll.org.uk/covid-19-guided-self-help-booklet-series/>
2. British Heart Foundation Corona Information Page –
<https://www.bhf.org.uk/information-support/coronavirus-and-you>