

Anxious about coronavirus?

Worried about your family?

Stressed about your job?

London's digital mental wellbeing service, Good Thinking, is here to help you. Get advice and NHS-approved apps at www.good-thinking.uk/coronavirus

Five things you can do to feel better

The infographic is a grid of five colored panels, each with an illustration and a numbered tip. Panel 1 (blue) shows a man doing a plank and a woman sleeping. Panel 2 (orange) shows a woman reading to a child and a woman on a video call. Panel 3 (red) shows a man delivering a box to a door. Panel 4 (teal) shows a person on a video call with two others. Panel 5 (pink) shows a man meditating. A central banner reads 'STAY ALERT CONTROL THE VIRUS SAVE LIVES'.

- 1 Stay active and get enough sleep**
- 2 Learn something new and get expert advice**
- 3 Give to others – help a neighbour, call a friend, support a charity**
- 4 Connect with family and friends – by phone and online**
- 5 Pay attention to the present and focus on the positives**

If you're concerned about your health, please call **NHS 111**.

If you'd like to talk to someone anonymously, please call **Samaritans** on **116 123**.

www.good-thinking.uk/coronavirus

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Good Thinking 
Digital Mental Wellbeing for London