

There is a time for all things - a time to get on and get through, a time to breathe, a time to talk, a time to feel, a time to reflect, a time to be still, and a time to move. And it’s very important for each of us to come to these things in our own time. But if you do feel that you’re ready to talk to someone, there is very good support available - and we will do our best to either provide some of that initial support ourselves or to put you in touch with other sources of support at what continues to be a very unsettled and unsettling time.

What follows below are links to some helpful resources relating to mental health within the context of the current pandemic. They take the form of newspaper, magazine, and journal articles, podcasts, and video recordings.

Recent months have seen us living and working within a traumatising context, both globally and much closer to home. And reading can be helpful in different ways: it can give us a healthy sense of being in the same boat as others, allowing us to learn from shared experience. And, crucially, it can be very containing in terms of helping to bring some thinking to bear on what we may be struggling with emotionally.

Bear in mind, when reading some of the guidance for health care workers from various organisations included here, that the current situation is quite fluid - and that it may be worth checking to see whether the guidance has been updated.

As the two are so closely interconnected, it’s worth underlining how important it is for each of us, in taking care of our psychological wellbeing, to attend to both our minds *and* our bodies at this very challenging time. So much of the fear, anxiety, trauma, and pain which characterises this current period is inevitably stored in our bodies; and there are various healthy outlets available for the release of this internal tension - whether that’s through yoga, walking, running, swimming, or whatever form of movement which works for us as individuals in the service of revitalising ourselves, emotionally, physically, and psychologically.

Psycho-educational Mental Health Resources

The **Department of Psychiatry** at **University of California, San Francisco** has produced this very accessible compilation of helpful ***COVID-19 Mental Health Resources***. Supporting cognitive and somatic coping with anxiety, stress, trauma, moral injury, and grief, there is an emphasis here on the importance of the capacity for kindness, patience and compassion through all of this:

<https://psychiatry.ucsf.edu/coronavirus/coping#main-content>

The mental health charity **Mind** has also produced a useful information page in relation to coronavirus and mental wellbeing:

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

And this webpage, produced by the **American Psychoanalytic Association**, includes links to extensive resources relating to the coronavirus and mental health:

<https://apsa.org/coronavirus>

This mental health guidance comes from **Public Health England**:

<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>

And this is a psycho-educational poster, ***Coronavirus Trauma Dynamics***, produced by **Carolyn Spring**:

<https://www.carolynspring.com/wp-content/uploads/2020/06/coronavirus_trauma_dynamics.pdf>

Articles on the Impact of COVID-19 on Mental Health

This is a link to an **Observer** feature, by **Sean O’Hagan**, on the psychological fallout of the pandemic, ***Health Experts on the Psychological Cost of Covid-19***:

<https://www.theguardian.com/world/2020/jun/07/health-experts-on-the-psychological-cost-of-covid-19>

This is a **British Medical Journal** opinion piece on the long-term mental health impact of COVID-19:

<https://blogs.bmj.com/bmj/2020/05/05/the-long-term-mental-health-impact-of-covid-19-must-not-be-ignored/>

And this is an **Observer** feature on the mental health impact of living in lockdown:

<https://www.theguardian.com/global/2020/jun/21/im-broken-how-anxiety-and-stress-hit-millions-in-uk-covid-19-lockdown?CMP=Share_AndroidApp_Tweet>

This, from the ***Guardian***, is clinical psychologist **Oliver Burkeman**, ***‘Focus on the Things You can Control’: How to Cope with Radical Uncertainty***:

<https://www.theguardian.com/world/2020/mar/28/things-you-can-control-coping-with-radical-uncertainty-oliver-burkeman?CMP=share_btn_link>

Psychoanalytic Perspectives

This is a **Telegraph** article by **Stephen Blumenthal**, looking at the emerging psychological cost of Covid-19:

<https://www.telegraph.co.uk/global-health/science-and-disease/june-could-cruellest-month-psychological-cost-covid-19-reveals/>

And this is an interview with Lacanian analyst, **Darian Leader,** on ***COVID Fears***:

<https://www.huffingtonpost.in/entry/darian-leader-covid-fear-anxiety-interview_in_5eae6124c5b639d6e5779349?ncid=engmodushpmg00000004&guce_referrer=aHR0cHM6Ly9jb25zZW50LnlhaG9vLmNvbS9jb2xsZWN0Q29uc2VudD9zZXNzaW9uSWQ9M19jYy1zZXNzaW9uXzU3OTdhMjRmLWE2MzMtNGZmOC04NTYxLTg3OTBkOGE0NjZjNSZsYW5nPWVuLWluJmlubGluZT1mYWxzZQ&guce_referrer_sig=AQAAAKgqiS1Spw4PmIOQQ7PCMSNF_q7Qc247ghilKg0I1QIZ6lYxWA4AOZor9t0jneyEGeZ_hxjUfdXIkmvr0QQJJYojNh4KoRu7pU3Xebwe9vsFtTJuYkHuuG4Fm0AysObHqbl2Vpj40YVz_CCGlz7J-pZKI3dFkL9k1dzBKZpngHUr&_guc_consent_skip=1588583748>

This is a piece from the **Guardian** by psychotherapist and author **Susie Orbach**, ***Patterns of Pain: What COVID-19 can Teach Us about How to be Human***:

<https://www.theguardian.com/lifeandstyle/2020/may/07/patterns-of-pain-covid-19-psychotherapy-susie-orbach-bodies>

At the bottom of the article is a link to a recording of the recent online lecture from which the article is drawn.

This is an **Observer** article, on kindness, by **Peter Fonagy**:

<https://www.theguardian.com/society/2020/may/17/kindness-can-work-wonders-especially-for-the-vulnerable>

And this is an essay, from the ***New York Review of Books***, by Lacanian analyst **Jamieson Webster**, ***End Notes: What Palliative Care Looks Like in a Pandemic***:

<https://www.nybooks.com/daily/2020/04/24/end-notes-what-palliative-care-looks-like-in-a-pandemic/>

Esther Perel

The New York City-based couples therapist, **Esther Perel**, has produced a very thoughtful, containing, and accessible four-part series of webinars, ***The Art of Us: Love, Loss, Loneliness, and a Pinch of Humor under Lockdown***:

<https://www.youtube.com/watch?v=aCP2kKceMb8&list=PL-vH9r-QDUXP3u0bHXHU3MaW2YVeqqL28>

The series can be viewed on both YouTube and FaceBook.

And this is a very useful **Resources List**, relating to **Esther** **Perel’s** current four-part series of webinars:

[https://events.estherperel.com/april-2020-webinar-resources/?utm\_campaign=AOS: Lockdown Archive 2 and Resources (MRdgtv)&utm\_medium=email&utm\_source=April Workshop&\_ke=eyJrbF9lbWFpbCI6ICJkYXZpZHNtaXRodGhlcmFweUBnbWFpbC5jb20iLCAia2xfY29tcGFueV9pZCI6ICJONXViRFMifQ==](https://events.estherperel.com/april-2020-webinar-resources/?utm_campaign=AOS%3A%20Lockdown%20Archive%202%20and%20Resources%20%28MRdgtv%29&utm_medium=email&utm_source=April%20Workshop&_ke=eyJrbF9lbWFpbCI6ICJkYXZpZHNtaXRodGhlcmFweUBnbWFpbC5jb20iLCAia2xfY29tcGFueV9pZCI6ICJONXViRFMifQ%3D%3D)

This a **New Yorker** interview with **Esther** **Perel**, ***This is What Happens to Couples under Stress***:

<https://www.newyorker.com/culture/the-new-yorker-interview/this-is-what-happens-to-couples-under-stress-an-interview-with-esther-perel>

And these are links to the first couple of episodes of **Esther Perel’s** new podcast, ***Couples under Lockdown***:

<https://podcasts.apple.com/gb/podcast/couples-under-lockdown-sicily-italy/id1237931798?i=1000469391847>

<https://podcasts.apple.com/gb/podcast/couples-under-lockdown-bavaria-germany/id1237931798?i=1000470347220>

This is a very engaging interview with **Esther Perel**, from the 25th to the 50th minute of this **Pivot** podcast:

<https://podcasts.apple.com/us/podcast/internet-is-buckling-under-covid-19-pressure-esther/id1073226719?i=1000470066262>

In the interview, Perel asserts that it is the quality of our relationships that determines the quality of our lives - and suggests that this is truer now, under these present circumstances, than ever. She emphasises the importance of talking about stress, anxiety, and fear (and naming it), rather than somatising it. And she also outlines the importance of movement (getting our bodies in motion), given the way that trauma can lock itself into our bodies and freeze us. Perel stresses the need for us to be creative in facilitating life-affirming, erotic experiences in our relationships - erotic not in the sexual sense only, but also in the sense of human connections breeding aliveness, vitality, vibrancy, creativity, imagination, and humour (all of which, she

suggests, provide powerful antidotes to the pervasive feeling of death, in the service of keeping ourselves going through this current phase).

Children, Young People, and Parenting

Produced by the **Anna Freud National Centre for Children and Families**, the [#SelfcareSummer Primary pack](https://annafreud.us13.list-manage.com/track/click?u=aa2c9f8b722440e7e05bedb82&id=786cb2a8e0&e=b4473e2960) is full of fun activities designed to help children look after their mental health and wellbeing while enjoying themselves. It also signposts them and their families to additional support if they need it:

<https://www.annafreud.org/schools-and-colleges/resources/selfcaresummer-primary-pack/>

Also produced by the **Anna Freud Centre**, the **[#SelfcareSummer Secondary](https://annafreud.us13.list-manage.com/track/click?u=aa2c9f8b722440e7e05bedb82&id=550ab88c28&e=b4473e2960) [pack](https://annafreud.us13.list-manage.com/track/click?u=aa2c9f8b722440e7e05bedb82&id=4694aa4d9a&e=b4473e2960)** helps young people to create their own individual self-care plan for the summer holidays based on strategies which other young people have found helpful, and also signposts to additional support if they need it:

<https://www.annafreud.org/schools-and-colleges/resources/selfcaresummer-secondary-pack/>

This is **Dan Levin**, writing in the **New York Times**, on the toll that the virus is taking on young people’s mental health:

<https://www.nytimes.com/2020/05/20/us/coronavirus-young-people-emotional-toll.html>

And this is a **Guardian** piece by educational psychologist **Gavin Morgan**, on the impact of ongoing school closures on the mental health of children:

<https://www.theguardian.com/commentisfree/2020/jun/20/childrens-mental-health-will-suffer-irreparably-if-schools-dont-reopen-soon>

Produced by the **American Psychological Association**, this is a **Facebook Live** series featuring psychologist **Earl Turner**, ***Parenting in the Age of COVID-19***:

<https://pages.apa.org/parenting-series/?_ga=2.4496115.195642824.1593518433-1562912942.1584827696>

Dreams and Dreaming

This is **Holly O’Mahony** with a psychoanalytic take on lockdown dreams, which draws on the research of the **Lockdown Dreams Project** of the **UCL Psycho-analysis Unit**:

<https://www.culturewhisper.com/r/lifestyle/why_are_my_dreams_so_vivid_in_lockdown_dreams_meaning/15641>

And this is psychotherapist **Philippa Perry**, on **BBC Culture**, looking at the role of art in helping us to think about our current dreams:

<https://www.bbc.com/culture/article/20200512-what-do-our-dreams-mean>

Podcasts and Videos

In an episode of the **IPA** (International Psychoanalytic Association) podcast series, ***Off the Couch***, **Bernard Chervet** discusses ***Current Pandemic Trauma in Relation to Childhood Trauma***:

<http://ipaoffthecouch.org/2020/04/20/episode-48-current-pandemic-trauma-in-relation-to-childhood-trauma-with-bernard-chervet-md/>

And on a similar theme, this is a video of a podcast of an interview with the addictions specialist and author **Gabor Maté,** ***Coronavirus: How Your Past is Affecting Your Present***:

<https://www.youtube.com/watch?v=P0-eNyOjtf0>

The **American Psychoanalytic Association** has produced a series of short videos, ***Coping with COVID***, in which an analyst responds to a specific question each day.

***How to deal with anxiety***:

<https://www.youtube.com/watch?v=Y-z0ugwLnkU>

***Overcoming fear***:

<https://www.youtube.com/watch?v=Q2eGrbCb5B4&t=11s>

***Decreased sex drive***:

https://www.youtube.com/watch?v=g-XBe1-f5nA&t=4s

***Helping children feel safe***:

<https://www.youtube.com/watch?v=t9v6ChBz_W4&t=10s>

***Grieving our losses***:

https://www.youtube.com/watch?v=RBStkFBN\_Rc

***Fighting with partner***:

https://www.youtube.com/watch?v=CHI0LLoodqw

***Resuming normal activities***:

<https://www.youtube.com/watch?v=0-GKqr9SCvE>

***Job security anxiety***:

https://www.youtube.com/watch?v=RhHN7SLVj6U

***Loneliness***:

https://www.youtube.com/watch?v=7nQnuTiUGxM

***Dealing with depression***:

<https://www.youtube.com/watch?v=WrIwdBtWoe4>

***Watching the news***:

<https://www.youtube.com/watch?v=58tLKHcN5Fo>

With Healthcare Workers in Mind: Podcasts and Articles

This is a series of podcasts, ***With You in Mind***, produced by psychiatric nurse **Marcus Evans** for the **Institute of Psychoanalysis** in London. The series is aimed at helping healthcare professionals cope with the impact of working within the current context:

<https://psychoanalysis.org.uk/with-you-in-mind-podcasts-0>

The ***Tavistock and Portman NHS Trust*** have also recently launched a brand new podcast called ***[Together In Mind](http://training.tavi-port.org/_act/link.php?mId=AJ91127235198227458853681zzzzz64deeffb53e79a99389ad0aa578a3804b7f805fe94a672b5301655137aac84b274&tId=211349485&subjId=390010)***. The podcast offers wellbeing and mental health tidbits from practitioners in North London, and is crafted to support health and social care staff during this coronavirus outbreak:

[https://togetherinmind.nhs.uk/podcasts/?utm\_campaign=Three things - CPD Autumn 2020 push&utm\_source=emailCampaign&utm\_content=&utm\_medium=email](https://togetherinmind.nhs.uk/podcasts/?utm_campaign=Three%20things%20-%20CPD%20Autumn%202020%20push&utm_source=emailCampaign&utm_content=&utm_medium=email)

This is an article in **Psychology Today**, co-authored by **Valentina Stoycheva** and **Almas Merchant**, ***For Health Workers, COVID-19 Can be a Moral Injury Pandemic***:

<https://www.psychologytoday.com/intl/blog/the-everyday-unconscious/202004/health-workers-covid19-can-be-moral-injury-pandemic>

This is an editorial from the **British Medical Journal**, reflecting on the mental health impact for healthcare workers of work-related stress:

<https://www.bmj.com/content/bmj/369/bmj.m1815.full.pdf>

And this is a **Guardian** article on the high rates of burnout and depression amongst US healthcare workers, warning of the enduring impact on mental health of working within the context of the current crisis:

<https://www.theguardian.com/us-news/2020/may/15/us-nurses-doctors-mental-health-coronavirus>

This review of mental health problems faced by healthcare workers in the context of the COVID-19 pandemic is published in the **Asian Journal of Psychiatry**:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7175897/pdf/main.pdf>

This is a rapid review and meta-analysis, published in the **British Medical Journal**, of the psychological effects of the pandemic on healthcare workers:

<https://www.bmj.com/content/bmj/369/bmj.m1642.full.pdf>

This is an analysis, in the British Medical Journal, of the mental health challenges faced by healthcare workers during the pandemic:

<https://www.bmj.com/content/bmj/368/bmj.m1211.full.pdf>

This is some correspondence, published in **The Lancet**, in relation to mental health care for medical staff in China during the COVID-19 outbreak:

[https://www.thelancet.com/action/showPdf?pii=S2215-0366(20)30078-X](https://www.thelancet.com/action/showPdf?pii=S2215-0366%2820%2930078-X)

This is a psychiatry research letter, published by the **Journal of the American Medical Association**, on the mental health outcomes among health care workers in Italy during the pandemic:

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2766378>

This is an account in the **New York Times** of the tragic impact of the devastating sense of helplessness experienced by an overwhelmed E.R. doctor:

https://www.nytimes.com/2020/07/11/nyregion/lorna-breen-suicide-coronavirus.html

This is an article, from the US journal **Psychological Trauma,** looking at ways of providing mental health support for health care workers during the pandemic:

<https://psycnet.apa.org/fulltext/2020-43979-001.pdf>

Also from **Psychological Trauma**, an article on moral injury and the need to attend to the psychological impact of the pandemic:

<https://psycnet.apa.org/fulltext/2020-45728-001.pdf>

The same journal also features this article on the mental health crisis amongst Japanese health care workers:

<https://psycnet.apa.org/fulltext/2020-44057-001.pdf>

And finally, this article on the mental turmoil experienced by hospital nurses is also taken from **Psychological Trauma**:

<https://psycnet.apa.org/fulltext/2020-45475-001.pdf>

With Healthcare Workers in Mind: Guidance

This **World Health Organisation** document,***Mental Health and Psychosocial Considerations During the COVID-19 Outbreak***, includes specific guidance for healthcare workers and carers, and for team leaders and managers in health facilities:

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2>

This is a **Public Health Agency** webpage, ***Staff Health and Wellbeing***, which features links to guidance for HSC staff, healthcare workers, and care providers:

<https://www.publichealth.hscni.net/covid-19-coronavirus/guidance-hsc-staff-healthcare-workers-and-care-providers/staff-health-and>

This is a **Royal College of Nursing** webpage, providing information, advice, and support in relation to mental wellbeing at this time:

<https://www.rcn.org.uk/get-help/member-support-services/counselling-service/covid-19-and-your-mental-wellbeing>

The mental health charity **Mind** has produced this guidance for keyworkers:

<https://www.mind.org.uk/information-support/coronavirus/coping-as-a-key-worker/>

This is ***COVID-19 Advice for Health Workers*** from the public service union **UNISON**:

<https://www.unison.org.uk/at-work/health-care/big-issues/covid-19-advice-health-workers/>

And from the **NHS**, this is ***Coronavirus Guidance for Clinicians and NHS Managers***:

<https://www.england.nhs.uk/coronavirus/>

Also from the **NHS**, this is specific guidance for community-based health, social care, mental health trusts, and ambulance services:

<https://www.england.nhs.uk/coronavirus/community-social-care-ambulance/>

*Time to Talk*

For further details of the **NIIHR** ***Time to Talk*** project, please visit the Institute website at [www.niihr.org](http://www.niihr.org) or send an email to vicechairniihr@gmail.com