

# Corona virus, help & support

Practical advice on how to cope when you have to stay at home because of coronavirus, looking after your wellbeing, and where to find more help.

## MIND UK ADVISE

- Connect with people online or safely in your bubble.
- Eat regularly and stay hydrated.
- Try to keep active and occupy your time with a routine.
- Get lots of sunshine and fresh air.
- Take care with news and information, try to use trusted sources to find reliable updates.

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

## REMEMBER!



## Helpful links

### University websites

- <https://www.canterbury.ac.uk/about-us/coronavirus/coronavirus-advice-and-guidance.aspx>
  - <https://www.kent.ac.uk/courses/visit/covid-19>
- For Canterbury updates and general information
- <https://www.canterbury.gov.uk/coronavirus>
  - <https://www.officeforstudents.org.uk/for-students/student-guide-to-coronavirus/>
  - <https://www.nhs.uk/conditions/coronavirus-covid-19/>
  - <https://www.gov.uk/guidance/making-a-support-bubble-with-another-household>

