**Mental Health and Wellbeing Online Resources for during COVID-19**

First see the following resource by eMHprac which already lists many helpful online health resources 🡪 [G:\Mental - Corrections - DA\MH\Operational\1. COVID - 19\INFORMATION & RESOURCES\2. Mental Health & Self Care\13. Online mental health resources during COVID-19.pdf](file:///G:\Mental%20-%20Corrections%20-%20DA\MH\Operational\1.%20COVID%20-%2019\INFORMATION%20&%20RESOURCES\2.%20Mental%20Health%20&%20Self%20Care\13.%20Online%20mental%20health%20resources%20during%20COVID-19.pdf)

Other useful online resources include:

* Care in Mind website: Lists tips for looking after yourself during COVID-19: <https://careinmind.com.au/blog/looking-after-your-mental-health-during-covid-19/>
* VicHealth website: <https://www.vichealth.vic.gov.au/media-and-resources/publications/mental-wellbeing-covid-19>
* Monash free online mindfulness course: <https://www.futurelearn.com/courses/mindfulness-wellbeing-performance>
* Video of FACE COVID-19 by Russ Harris: <https://www.youtube.com/watch?v=BmvNCdpHUYM&feature=youtu.be> Handout for this is also in the folder 🡪 [2. FACE COVID simplified handout.pdf](2.%20FACE%20COVID%20simplified%20handout.pdf)