

# TIPS FOR MENTAL HEALTH AND WELLBEING DURING AND AFTER COVID-19 OUTBREAK

Video links that gives you handy tips to take care of yourself

1. Practical tips to take care of your Mental health during the stay indoor  
<https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>
2. Minding our minds during the COVID-19  
[https://www.mohfw.gov.in/pdf/Monding\\_ourmindsduringCoronaeditedat.pdf](https://www.mohfw.gov.in/pdf/Monding_ourmindsduringCoronaeditedat.pdf)
3. Various Health Experts on how to manage Mental health & Wellbeing during COVID-19 outbreak  
<https://www.youtube.com/watch?v=iuKhtSehp24>
4. Behavioral Health :  
Psycho- Social toll free helpline – 0804611007

## **JNNCE HELPLINES :**

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**STAY INDOORS. STAY HEALTHY. STAY SAFE.**