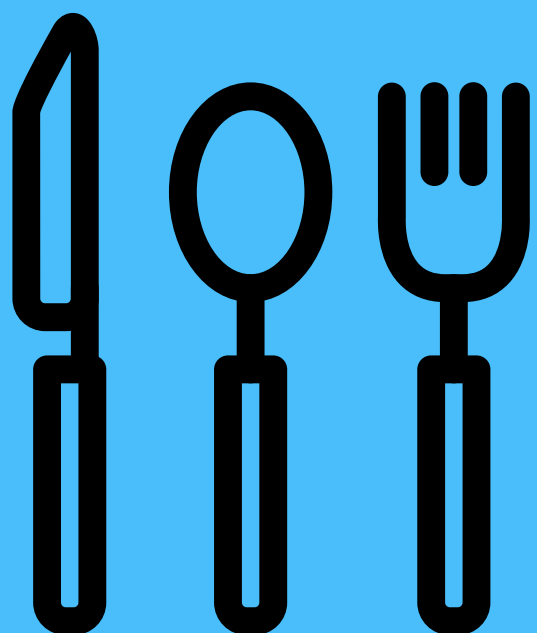


Online Mental Health Forums you can access during the COVID-19 outbreak



www.mentalhealthforum.net has a number of different forums to choose from including, depression, panic disorder and schizophrenia. The forum is a place where you can share your experiences, ask questions and discuss your emotions with people who know what it's like to experience mental health difficulties

www.elefriends.org.uk is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard.



Eating Disorder charity BEAT run an online forum called 'The Sanctuary' which is a safe space for people to share concerns and advice on how they are coping with the COVID-19 pandemic.

www.beateatingdisorders.org.uk/sanctuary



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