

Name	Link	Country	Audience	Theory	Issues addressed	Status	Based on specific academic paper?
Pandemic Kindness Movement	https://aci.health.nsw.gov.au/covid-19/kindness	Australia	Health workers	Maslow's hierarchy of needs	Physical, psychological, social, system	List of resources	N
Covid trauma response working group	https://www.traumagroup.org/	England	Health workers	Trauma-informed	Psychological	On-going research	N
WHO Mental health and psychosocial considerations during the COVID-19 outbreak	https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2	International	All	None	Physical, psychological, social, system	Guidelines	N
Samaritans helpline	https://www.samaritans.org/scotland/how-we-can-help/health-and-care/here-listen-support-line-nhs-people/	UK	Health and social care workers	None	Psychological	Confidential support line	N
NHS Day A Virtual Conference on Stress Resistance & Resilience in Challenging Times	https://the.3pconference.live/nhsday/	UK	Health workers	Broad	Psychological	Educational	N
Dramatherapy	https://www.royahamidramatherapy.co.uk/supervision	UK	All	Unsure	Psychological	Paid Therapy	N
Tend Academy	https://www.tendacademy.ca/	US	All	Unsure	Psychological	Paid Online courses	N
First You: Caring for those who care for us	https://firstyou.org/	UK	Health workers	Grief, trauma	Psychological	Multiformat resources	N
Circle Up for COVID-19	https://harvardmedsim.org/circle-up-for-covid-19/	US	Health workers	None	Psychological	Procedure	N
Psychological Wellbeing for Healthcare Workers	https://www.nottingham.ac.uk/toolkits/play_22794#resume=13	UK	Health workers	None	Psychological	Toolkit	N
Narrative Healthcare Story-Informed Care for Humans	https://narrativehealthcare.net/	US	Health workers	None	Psychological	Resources	N
The Re-Humanising Revolution	https://re-humanising.co.uk/category/the-covid-diaries/	Unsure	All	None	Psychological	Stories	N
NHS Practitioner Health Support Services & Access to Therapy	https://www.practitionerhealth.nhs.uk/support-services-access-to-therapy	UK	Health workers	None	Psychological and practical support	List of resources	N
Safe Space Health - Safety, Connection, Fulfilment.	https://safespace.health/	UK	Health workers	None	Psychological - Health coaching.	App and workshops	N
Future Learn - Psychological First Aid in emergencies training for frontline staff and volunteers	https://www.futurelearn.com/info/press-releases/psychological-first-aid-in-emergencies-training-for-frontline-staff-and-volunteers	UK	Health workers	None	Psychological	Free online training from PHE	N
Support The Workers	https://www.supporttheworkers.org/	UK	Health workers	None	Physical, psychological, social, system	One page briefs	N
The psychological needs of healthcare staff as a result of the Coronavirus pandemic	https://www.bps.org.uk/sites/www.bps.org.uk/files/News/News%20-%20Files/Psychological%20needs%20of%20healthcare%20staff.pdf	UK	Health workers	Maslow's hierarchy of needs	Physical, psychological, social, system	Guidance	N
BMA Your Wellbeing	https://www.bma.org.uk/advice-and-support/your-wellbeing	UK	Doctors and medical students	None	Physical, psychological	Counselling, questionnaires, information	N