

## Online Support and Self-Management Links & Resources

Long Covid involves a continuation of a broad range of debilitating physical, cognitive, and psychological symptoms that persists beyond 12 weeks. The National Wellbeing Hub has developed some resources to assist those coping with the prolonged after-effects of Covid. This is aimed at supporting people working in health and social care with living with the uncertainty that this condition can bring and their anxieties about returning to work.

These include two evidence-informed articles, [one aimed at managers](#) providing advice on how to support staff returning to work with Long Covid, and [one aimed at people experiencing Long Covid](#). These are supplemented by a '[Top Tip](#)' sheet with brief guidance for managing recovery from Long Covid.

In addition to the written materials, they've produced a series of three short videos. For these, they've spoken to two professionals who have both experienced Long Covid. In one, we hear about [Janine's path to recovery](#), while the other charts [Grace's return to work](#) and how she is managing the ongoing challenges associated with this. They've also spoken to [Dr John Harden, Deputy National Clinical Director](#) at the Scottish Government, who talks through what Long Covid is, what to do if you're experiencing Long Covid, and how to manage some of the more common symptoms.

**The following links also provide useful information and self-management advice.**

[NHS Greater Glasgow & Clyde NHS - Covid Care Booklet](#)

[NHS Inform - Longer Term Effects \(Long Covid\)](#) Links to further information on fatigue, breathlessness, cough, pain, sleep, mood, anxiety, and return to work as well as Chest heart and stroke advice line.

[Your Covid Recovery](#) Sections on: Breathlessness, fatigue, headache, mood, memory & concentration, palpitations, Musculoskeletal issues, voice and swallowing and chest pain

[Recovering from Covid-19 : Post Viral Fatigue & Conserving Energy](#) How to conserve your energy, practical advice for people during and after covid 19

[NHS Inform Self Help Guides](#) on line tools and PDF's self- help guides that can be down loaded on various Mental Health & Wellbeing topics including: Sleep problems,

anxiety, depression, problem solving, chronic pain, PTSD, bereavement and self esteem.

[Mental Health & Wellbeing Audio Guides](#) on line tools and audio guides on various topics including - low mood, anxiety, sleep problems, self-confidence, unhelpful thinking and breathing exercises for stress.

[NHS Greater Glasgow & Clyde Staff Health](#) one stop shop for all staff health issu

## **Peer Support Groups**

[Long Covid Support](#)

[Self Help UK - Covid 19 Survivors Group](#)