

Online resources for patients and carers during the COVID-19 outbreak

Connecting with others

Health Unlocked - <https://healthunlocked.com/>

Get information, support and tools that have been shown to improve health outcomes.

- Take control of your health - covers over 300+ conditions and wellbeing interests, so you can treat your health holistically.
- Connect with people like you - People visit our platform everyday to connect with others who are going through similar health challenges.
- Get online support 24/7 - With access to resources, e-learning and experts you'll learn about the interests that are relevant to your health.

NB. National Rheumatoid Arthritis Society (NRAS) uses Health Unlocked at its online community. It is set up for those with Rheumatoid Arthritis (RA) wanting to learn more about their condition and connect with others who are going through a similar experience. It is a safe community moderated by NRAS, wherein you can ask questions, exchange tips and advice, find support and discuss all things RA. From methotrexate to getting a blue badge, you'll find information about everything.

Patients Like Me - <https://www.patientslikeme.com/>

Find answers, support and a path forward with people like you.

- Heal together - Find a community of people like you
- Get answers - Get questions answered & access to patient-driven research opportunities
- Take charge - Be empowered to make informed decisions about your health

Up to date info on Covid-19

Healthcare consultancy @MedicineGov has produced a playlist of Covid-19 related videos culled from YouTube. YouTube playlist of Covid-19 videos <https://www.youtube.com/playlist?list=PLzLvEpgZgnDJsxcuR3bSPPIRX9Jy6wPgu>

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Looking after yourself

Versus Arthritis -<https://www.versusarthritis.org/>

As well as latest on Covid-19 for people with arthritic conditions, lots of tips on emotional wellbeing as well as an online community <https://community.versusarthritis.org/>

National Rheumatoid Arthritis Society (NRAS) - any people with rheumatoid arthritis (RA) and their families will be concerned about how the Coronavirus (COVID-19) affects them. For a summary of all the important information that you need to know about Coronavirus and RA, please see <https://www.nras.org.uk/coronavirus>

Carers UK - <https://www.carersuk.org/>

You can

- Get help and advice – eg on benefits and practical advice
- Join online forum – where you can share tips and advice and learn from others

Age UK -<https://www.ageuk.org.uk/>

Provides a huge array of information resources, such as on financial support, care and support, health and wellbeing, travel and hobbies, work and learning. They also offer 'befriending' services (telephone and face-to-face)

Ageing Well has compiled an up to date list of local (Brighton and Hove) and national information to support people. It is updated three times a week and is available on the Ageing Well website, social media and can be emailed to you as an attachment. See: <http://ageingwellbh.org/> or on Facebook at

<https://www.facebook.com/ageingwellbh>

Mental health and psychological wellbeing

Mental Health Foundation

<https://www.mentalhealth.org.uk/your-mental-health>

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A range of content designed to give you more information about mental health and to help you to look after your mental health.

Disability Rights has produced a great resource of up to date advice and links to official websites during the pandemics at www.disabilityrightsuk.org/coronavirus and will be doing another that will focus on policy around the virus

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