

## **Mental Health & Well-Being of Students during and after COVID-19 outbreak**

Following are the links of Ministry of Health & Family Welfare (<https://www.mohfw.gov.in/>)

- Practical tips to take care of your Mental Health during the Stay In  
<https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>
- Minding our minds during the COVID-19  
<https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>
- Various Health Experts on how to manage Mental health & Well Being during COVID-19 outbreak  
<https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>
- Behavioural Health: Pschy-Social toll free helpline - 0804611007