

Supporting you during the COVID-19 outbreak

CORONAVIRUS AND YOUR WELLBEING

Lock-down. It's challenging, scary, frustrating and fascinating. It's so many things. We want to do what we can to reach out across the digital divide and support you with a range of online resources that will support your journey through lockdown and hopefully empower you to turn this experience into a portal for a new way of doing things. May you form new habits, learn new hobbies, imagine a better world and discover personal resilience. In this toolkit, you will find links to the most up-to-date information on Covid-19; resources offering advice on coping with stress and anxieties; resources to help manage your studies, as well as links to support parenting and home-schooling. To help stave off the boredom that extended time indoors may generate, we have also compiled a variety of stimulating online opportunities for your enjoyment and growth.

RELIABLE UP-TO- DATE INFO ON COVID-19



By now the links to news pages are well worn. We put them here, so you can keep them handy. Help protect yourself and others around you by only sharing accurate news. Below are links to a few reliable and up to date sources of information on Covid-19.

- [Corona Virus South African Resource Portal](#)
- [World Health Organisation website on COVID-19](#)
- [National Institute for Communicable Diseases](#)

These messaging services provide the latest news and information on coronavirus including details on symptoms and how people can protect themselves and others. They also provide the latest situation reports and numbers in real-time to help government decision-makers protect the health of their populations:

- Official SA government Covid-19 support service - Text +27600123456 and send 'hi'.
- Official WHO information system - Text +41798931892 and send 'hi'.
- National Institute for Communicable Diseases (NICD) Hotline number: 0800 029 999.

Tired of all the bad news?

[Kind World](#) is a podcast sharing stories about how single acts of kindness can change someone's world. Their COVID-19 episodes are real tearjerkers. Find Kind World wherever you listen to podcasts.

MENTAL HEALTH & WELLBEING



You might find yourself feeling worried or anxious about the impact of the pandemic on your health, your life or on your loved ones. A number of organisations are offering useful advice and support:

- **SADAG** (South African Depression and Anxiety Group) is Africa's largest mental health support and advocacy group. On their website you will find comprehensive mental health resources.
- SADAG also offers [excellent podcasts](#) that provide practical tips on coping with anxiety.
- **Students against Depression** is a UK website offering advice and resources for students affected by low mood and depression.
- For information on mental health support in your area you can access [this useful map](#) provided by the South Africa Federation for Mental Health.
- [WHO advice poster](#)
- Sleep and student [mental health poster](#)
- Yale University offers a free [Science of Wellbeing course](#)

A few apps offer a range of self-help methods for managing stress and anxiety:

- <https://www.headspace.com/covid-19> (Available on android and apple)
- <https://apps.apple.com/app/sam/id666767947> (Available on apple only)
- <https://www.calm.com/blog/take-a-deep-breath> (Available online)
- **ICAS On-the-Go app** offers information and support on all health and wellness needs, including secure live text service with an ICAS professional such as a counsellor, medical professional and legal advisor.
- How to take care of your mental health [interview with psychologist](#) professor Ashraf Kagee.
- Managing your mental health during the coronavirus crisis [interview with Psychiatrist](#) Dr Kagisho Maaroganye.

ACCESS TO JUSTICE DURING COVID-19

Many Public interest law organisations in South Africa are still available to provide legal advice on range of issues. See [this document](#) for contact details, should you be in need of legal advice or support.

GBV SERVICES DURING LOCK DOWN

During lock-down there is an increased risk of violence and domestic abuse. Available here is a list of [GBV services](#) operating in South Africa during lock down, should you or someone you know need help.



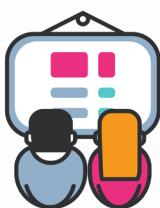
ABC PARENTING & HOME-SCHOOLING DURING COVID-19

For those of you balancing studies and parenting during this challenging time of confinement, here are few useful links to help you with home-schooling and interacting constructively with your child.

these cover planning one-on-one time, staying positive, bad behaviour, managing stress, and talking about COVID-19.

- [UNICEF](#) includes resources for teachers, parents, and advice on handwashing and talking to children.
- Google also provides useful [resources for home-schooling](#).
- List of organisations offering [free education resources](#).
- EAA provides [a list of home learning resources](#) available in several different languages:
- [Khan Academy](#) offers a range of free courses.
- Rosetta Stone is giving free access for schoolchildren to use its language courses [here](#).
- Free daily PE classes for kids of all ages available [here](#).
- [Audible](#) offers free access to stories for children, these can be streamed on your desktop, laptop, phone or tablet.
- Collection of [curated stories and experiments](#) from Google. Create music, make art and more.
- Learn about historical events through stories and collections [here](#).

MANAGING YOUR STUDIES & RESEARCH



- [NRF FAQs](#) and [news](#) relating to Covid-19.
- [Working and learning online](#) during a pandemic.
- How to successfully [work from home](#).
- How to [stay engaged](#) while studying online.
- LinkedIn is currently offering [16 free online](#) courses around the theme of remote working, many of these focus on developing skills also applicable to online learning.





STAVING OFF BOREDOM

Lastly, a few free online resources and experiences to keep you occupied during lockdown:

FREE BOOKS AND LITERATURE:

- [Verso](#) has a dedicated section for free e-books.
- [Barnes & Noble](#) is another publisher offering several free e-books.
- [Project Gutenberg](#) offers nearly 60,000 classics.
- [Paulo Coelho](#)'s work uploaded daily.

ART & MUSIC

- A – Z [virtual collections](#) of world museums.
- An updating list of all the major classical concerts and events being [streamed online](#) in the wake of coronavirus measures being taken globally.
- The [Social Distancing Festival](#) is an international connecting platform for live-streams in visual arts, dance, music and theatre.
- [Virtual tour](#) of Museum of Art São Paulo, Brazil.
- [Virtual tour](#) of Louvre Museum Paris, France.
- [Virtual tour](#) of National Museum of Modern and Contemporary Art Gwacheon-si, South Korea.

LEARN SOMETHING NEW FOR FREE

- [Duolingo](#) is a free language learning platform available online and via mobile app.
- [Idea](#) is an international programme aimed at anyone wishing to develop digital, enterprise and employability skills for free.
- Free 12-part [Photography course online](#) from Harvard University.
- Learn to [touch type](#).
- Learn to [code](#).
- [Drawspace](#) offers some free drawing lessons for beginners.
- [Alison](#) is an online learning platform offering some free courses including MS Excel and Project Management.
- [Udemy](#) is an online learning platform offering various fun free courses.

WORTH LOOKING INTO

- [Pocket Casts](#) is a free app with a library of world podcasts.
- Links to [useful discussions and entertainment](#) from radio stations across South Africa.

