

## Long COVID: a List of resources for further information

A list of information resources (including a mixture of books, websites and videos) to help you manage your recovery from COVID-19. Not all the information will be relevant to your particular symptoms but hopefully some of it will provide you with the help and support you need to manage them. This is a long list so it's best to pick and choose the information that's most relevant to supporting your personal recovery.

<b>GENERAL</b>	
<ul style="list-style-type: none"> <li>❑ Further information can be accessed from the NHS Website 'Your COVID Recovery'</li> </ul>	<a href="http://www.yourcovidrecovery.nhs.uk">www.yourcovidrecovery.nhs.uk</a>
<ul style="list-style-type: none"> <li>❑ The Long Covid Self-Help Guide: Practical Ways to Manage Symptoms by Fraser, Dr Emily</li> </ul>	<b>ISBN: 978-1399402026</b>
<b>Managing Fatigue</b>	
<ul style="list-style-type: none"> <li>❑ NHS Website 'Your COVID Recovery'</li> </ul>	<a href="#">Long COVID Fatigue - Your COVID Recovery</a>
<ul style="list-style-type: none"> <li>❑ Royal College of Occupational Therapy</li> </ul>	<a href="#">How to manage post-viral fatigue after COVID-19 - RCOT</a>
<ul style="list-style-type: none"> <li>❑ Overcoming Chronic Fatigue: A Books on Prescription Title (Overcoming Books) UK ed. by Mary Burgess, Prof Trudie Chalder</li> </ul>	<b>ISBN 978-1849011327</b>
<ul style="list-style-type: none"> <li>❑ Managing fatigue video, Oxford Health NHS</li> </ul>	<a href="#">Fatigue after COVID-19 - Techniques to help manage and understand - YouTube</a>
<b>Managing Breathlessness</b>	
<ul style="list-style-type: none"> <li>❑ NHS Website 'Your COVID Recovery'</li> </ul>	<a href="#">Long COVID Breathlessness - Your COVID Recovery</a>
<ul style="list-style-type: none"> <li>❑ Breathing video, Oxford Health NHS</li> </ul>	<a href="#">Breathlessness after COVID-19 - helpful techniques - YouTube</a>
<ul style="list-style-type: none"> <li>❑ Physiotherapy for Breathing pattern Disorder</li> </ul>	<a href="https://www.physiotherapyforbpd.org.uk/self-help/#videos">https://www.physiotherapyforbpd.org.uk/self-help/#videos</a>  <a href="https://www.physiotherapyforbpd.org.uk/tes-t-your-breathing/">https://www.physiotherapyforbpd.org.uk/tes-t-your-breathing/</a>
<b>Health and Wellbeing</b>	
<ul style="list-style-type: none"> <li>❑ NHS Website 'Your COVID Recovery'</li> </ul>	<a href="#">Long COVID Managing low mood - Your COVID Recovery</a>  <a href="#">Hospital with COVID Managing your worries - Your COVID Recovery</a>

<ul style="list-style-type: none"> <li>❑ Psychological support, Bucks IAPT (Previously Healthy Minds)</li> </ul> <p>Buckinghamshire Talking Therapies. You can self-refer.</p>	<p><a href="https://www.oxfordhealth.nhs.uk/healthcare-services/mental-health-services/buckinghamshire-talking-therapies">Buckinghamshire Talking Therapies - Buckinghamshire NHS Buckinghamshire Talking Therapies (oxfordhealth.nhs.uk)</a></p> <p>By text: Text TALK and your name to 07798 667169 By phone: Call 01865 901600</p>
<ul style="list-style-type: none"> <li>❑ Samaritans</li> </ul> <p>Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.</p>	<p><a href="https://www.samaritans.org/what-we-do/our-services/24-hour-suicide-support">Samaritans   Every life lost to suicide is a tragedy   Here to listen</a></p> <p>Call 116123 Mail to: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p>
<ul style="list-style-type: none"> <li>❑ Mindfulness free sessions</li> </ul>	<p><a href="https://www.oxfordmindfulness.org/free-online-mindfulness-courses-daily-sessions-for-beginners">Free Online Mindfulness Courses &amp; Daily Sessions for Beginners (oxfordmindfulness.org)</a></p>
<ul style="list-style-type: none"> <li>❑ MIND Buckinghamshire, befriending, counselling, activities.</li> </ul>	<p><a href="https://www.bucksmind.org/">Home - Bucks Mind</a></p> <p>01494 463364</p>
<ul style="list-style-type: none"> <li>❑ Relate, counselling, relationship and family support, couples therapy.</li> </ul>	<p><a href="https://www.relate.org.uk/">Home   Relate</a></p> <p><a href="mailto:appointments.ntc@relate.org.uk">appointments.ntc@relate.org.uk</a></p> <p>0300 003 2324</p>
<b>Brain Fog</b>	
<ul style="list-style-type: none"> <li>❑ NHS Website 'Your COVID Recovery'</li> </ul>	<p><a href="https://www.nhs.uk/healthcare-services/mental-health-services/your-covid-recovery">Long COVID Memory and concentration - Your COVID Recovery</a></p>
<ul style="list-style-type: none"> <li>❑ Overcoming Mild Traumatic Brain Injury and post concussion syndrome. Nigel S. King (Relevant information if you change the context of the book from brain injury to long covid, brain fog).</li> </ul>	<p><b>ISBN 978 - 1472136091</b></p> <p>Section 3 - Information sheets, the human brain, reduced thinking stamina, memory, cognitive rehabilitation &amp; cognitive rehabilitation strategies</p>
<b>Returning to activity</b>	
<ul style="list-style-type: none"> <li>❑ Private provider, for mindfulness activities</li> </ul>	<p><a href="https://www.360mindbodysoul.com/">360MindBodySoul</a></p>
<ul style="list-style-type: none"> <li>❑ Private gym, offering free 12 week programme, supported with personal trainers</li> </ul>	<p><a href="https://www.nuffieldhealth.com/covid-19-rehabilitation-programme">COVID-19 Rehabilitation Programme   Nuffield Health</a></p>
<ul style="list-style-type: none"> <li>❑ Royal College of Occupational Therapy</li> </ul>	<p><a href="https://www.rcot.org.uk/how-to-conserve-your-energy">How to conserve your energy - RCOT</a></p>
<ul style="list-style-type: none"> <li>❑ Bucks online directly of local activities</li> </ul>	<p><a href="https://www.bucks.gov.uk/online-directory">Find activities, groups and services near you   Bucks Online Directory   Buckinghamshire Council</a></p>
<b>Pain</b>	
<ul style="list-style-type: none"> <li>❑ My live well with pain, information and resources to help you live well, despite the pain.</li> </ul>	<p><a href="http://my.livewellwithpain.co.uk/">http://my.livewellwithpain.co.uk/</a></p>

<ul style="list-style-type: none"> <li>❑ Overcoming Chronic Pain 2nd Edition: A self-help guide using cognitive behavioural techniques (Overcoming Books) Dr Frances Cole</li> </ul>	<b>ISBN 978-1472142634</b>
<ul style="list-style-type: none"> <li>❑ Self management toolkit</li> </ul>	<a href="https://paintoolkit.org">An introduction   Self Management Toolkit (paintoolkit.org)</a>
<b>Sleep</b>	
<ul style="list-style-type: none"> <li>❑ NHS Website 'Your COVID Recovery'</li> </ul>	<a href="#">Children and young people with COVID - Sleeping well - Your COVID Recovery</a>
<ul style="list-style-type: none"> <li>❑ Sleeping problems, A guide to support you, Northumbria University</li> </ul>	<a href="#">Sleeping Problems.pdf (ntw.nhs.uk)</a>
<ul style="list-style-type: none"> <li>❑ Advice and information website, The Sleep Charity</li> </ul>	<a href="#">Adults - The Sleep Charity</a>
<ul style="list-style-type: none"> <li>❑ <a href="#">Sleep problems - Every Mind Matters - NHS (www.nhs.uk)</a></li> </ul>	
<ul style="list-style-type: none"> <li>❑ Overcoming Insomnia and Sleep Problems: A Self- Help Guide Using Cognitive Behavioural Techniques By Colin Espie</li> </ul>	<b>ISBN 978-1845290702</b>
<ul style="list-style-type: none"> <li>❑ Sound cloud music link</li> </ul>	<a href="#">relaxing music results on SoundCloud</a>
<b>Loss of smell &amp; taste</b>	
<ul style="list-style-type: none"> <li>❑ NHS Website 'Your COVID Recovery'</li> </ul>	<a href="#">Long COVID Taste and smell - Your COVID Recovery</a>
<ul style="list-style-type: none"> <li>❑ Absent charity resource and information</li> </ul>	<a href="#">AbScent: ending smell disorders</a>
<ul style="list-style-type: none"> <li>❑ Charity for people affected by smell and taste</li> </ul>	<a href="#">Home - Fifth Sense</a>
<b>Employment matters</b>	
<ul style="list-style-type: none"> <li>❑ CIPD (2022). Working with Long Covid, research evidence to inform support</li> </ul>	<a href="https://www.cipd.co.uk/Images/long-covid-report-feb-22_tcm18-106089.pdf">https://www.cipd.co.uk/Images/long-covid-report-feb-22_tcm18-106089.pdf</a>
<ul style="list-style-type: none"> <li>❑ GOV – Access to work</li> </ul>	<a href="https://www.gov.uk/access-to-work">https://www.gov.uk/access-to-work</a>
<ul style="list-style-type: none"> <li>❑ ACAS</li> </ul>	<a href="https://www.acas.org.uk/">https://www.acas.org.uk/</a>
<ul style="list-style-type: none"> <li>❑ Equality act &amp; reasonable adjustments</li> </ul>	<a href="#">What reasonable adjustments are: Reasonable adjustments – Acas</a>
<ul style="list-style-type: none"> <li>❑ Society for Occupational Medicine</li> </ul>	<a href="https://www.som.org.uk/">https://www.som.org.uk/</a>
<ul style="list-style-type: none"> <li>❑ SOM (2021). COVID 19 return to work guide – for managers</li> </ul>	<a href="https://www.som.org.uk/COVID-19_return_to_work_guide_for_managers.pdf">https://www.som.org.uk/COVID-19_return_to_work_guide_for_managers.pdf</a>

<ul style="list-style-type: none"> <li>❑ SOM (2021). COVID 19 return to work guide – For recovering workers</li> <li>❑ SOM (2022). Long COVID and return to work – What Works</li> </ul>	<p><a href="https://www.som.org.uk/COVID-19_return_to_work_guide_for_recovering_workers.pdf">https://www.som.org.uk/COVID-19_return_to_work_guide_for_recovering_workers.pdf</a></p> <p><a href="https://www.som.org.uk/Long_COVID_and_Return_to_Work_What_Works_0.pdf">Long COVID and Return to Work What Works 0.pdf (som.org.uk)</a></p>
<b>General</b>	
<ul style="list-style-type: none"> <li>❑ Citizens Advice Bureau</li> <li>❑ DWP UK Benefits</li> <li>❑ Benefits and work</li> <li>❑ Turn 2 Us</li> <li>❑ Money Helper</li> <li>❑ National Debt Advice</li> </ul>	<p><a href="https://www.citizensadvice.org.uk/">https://www.citizensadvice.org.uk/</a></p> <p><a href="https://www.gov.uk/browse/benefits">https://www.gov.uk/browse/benefits</a></p> <p><a href="https://www.benefitsandwork.co.uk/">https://www.benefitsandwork.co.uk/</a></p> <p><a href="https://www.turn2us.org.uk/">https://www.turn2us.org.uk/</a></p> <p><a href="https://www.moneyhelper.org.uk/en">https://www.moneyhelper.org.uk/en</a></p> <p><a href="https://nationaldebtadvice.org.uk/">https://nationaldebtadvice.org.uk/</a></p>
<b>Future developments with COVID</b>	
<ul style="list-style-type: none"> <li>❑ Evidence-based recommendations developed by independent committees, including professionals and lay members, and consulted on by stakeholders.</li> <li>❑ National Institute for Health and Care Research who fund, enable and deliver world-leading health and social care research that improves people's health and wellbeing, and promotes economic growth.</li> </ul>	<p><a href="#">Find guidance   NICE</a></p> <p><a href="#">National Institute for Health and Care Research   NIHR</a></p>

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

## How can I help reduce healthcare associated infections?

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

## Patient Advice Sheet

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email [bht.pals@nhs.net](mailto:bht.pals@nhs.net)