

# Living with Long COVID Resources

**Staff Seminar 14th of May 2021**

- 01** The Mater Wellbeing Centre  
<http://www.mater.ie/wellbeing>
- 02** Self-management tools for people living with long COVID-19  
<https://covid.paintoolkit.org/>
- 03** Stress Control  
<https://stresscontrol.ie/>
- 04** Living Well Programme  
<https://www.hse.ie/eng/health/hl/selfmanagement/living-well-programme/living-well-programme.html>
- 05** The Mindfulness Centre  
<https://www.mindfulness.ie/>
- 06** ASPCR COVID CPD Series  
<https://www.acprc.org.uk/resources/covid-19-information/covid-cpd-series/>
- 07** COVID-19 Psychological support for staff – mind your mental health  
[https://maternet.mmuh.ie/covid-centre/COVID-STAFF-RESOURCES-WARD\\_v3.pdf](https://maternet.mmuh.ie/covid-centre/COVID-STAFF-RESOURCES-WARD_v3.pdf)