

Practical tips to take care of your mental health during the stay in

<https://www.youtube.com/watch?v=uHB3WJsLJ8s>

Minding our minds during the COVID-19

<https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>

Various health experts on how to manage mental health and well-being during the #COVID19 outbreak.

<https://www.youtube.com/watch?v=iuKhtSehp24>

Behavioural Health: Psycho-Social toll free helpline - 8046110007