

MANAGING STRESS AND ANXIETY DURING THE CORONAVIRUS PANDEMIC

Slovene sources that offer information and support in English:

- **Covid-19 Hotline** for any questions you might have is available Mon-Fri between 8.00 and 16.00. If you have a Slovenian phone number, call 080 1404 (free). The international phone number is +38614787550.
- **University of Ljubljana** has a special website dedicated to Covid-19 information for students.
- **Counseling for all University of Ljubljana students offered by the Faculty of Education (currently over Skype)**
More information *in Slovenian* at **Faculty of Education**
For conversations *in English* contact anja.gruden@pef.uni-lj.si
For conversations *in Bosnian, Croatian, Serbian* contact tomaz.vec@pef.uni-lj.si
- **National Institute of Public Health** (Slovenian: *NIJZ*) has a page dedicated to mental health in the time of the pandemic. This page is unfortunately not available in English – you can use Google Translate to access this page and other Slovenian sources that haven't been translated. You can enter the URL to translate the entire page.

It's important to get your information from reliable sources.

Sites that offer accurate information in English:

- A special **government site about coronavirus**. You can find up-to-date information about the number of cases in Slovenia. Government measures are currently changing on a daily basis – this site explains what they are in English.
- **Covid-19 Tracker Slovenia** publishes data about the spread of the coronavirus in the country in Slovenian, English, Croatian, German and Italian. The information is accurate and updated daily.

Other sources (not based in Slovenia) that offer general advice for coping with coronavirus-related stress:

- **World Health Organization (WHO)** summarizes some basic tips in this leaflet.
- **HelpGuide** has a page dedicated to coronavirus anxiety. The site also offers general information about other mental health topics.
- **European Centre for Disease Prevention and Control (CDC)** covers the situation in Europe. The site also includes a useful Q&A section.
- **Centers for Disease Control and Prevention (US-based)** offer specific advice for looking after your mental health at this time.
- **NHS (UK-based)** has a page dedicated to self-isolation. They offer practical advice for looking after your physical and mental health.
- **The Crisis Kit** is a booklet that introduces different ways to cope with stressful and uncertain situations. It may be helpful if you are experiencing panic and anxiety attacks.