

NHS Help

<https://www.nhs.uk/every-mind-matters/coronavirus/long-term-health-conditions-and-mental-wellbeing/>

<https://www.betterhealth.vic.gov.au/health/servicesandsupport/managing-long-term-illness-and-chronic-conditions>

<https://www.nhs.uk/better-health/>

Patient Help

<https://patient.info/treatment-medication/living-with-a-long-term-condition>

Patients Association

<https://www.patients-association.org.uk/long-term-conditions>

Independent Age

<https://www.independentage.org/get-advice/health/living-long-term-health-conditions/where-to-get-support-a-long-term-condition>