[**https://gov.wales/recovery-app-launched-wales-help-support-people-long-covid#:~:text=Home-,Recovery%20app%20launched%20in%20Wales%20to%20help%20support%20people%20with,longer%20term%20effects%20of%20coronavirus**](https://gov.wales/recovery-app-launched-wales-help-support-people-long-covid#:~:text=Home-,Recovery%20app%20launched%20in%20Wales%20to%20help%20support%20people%20with,longer%20term%20effects%20of%20coronavirus)**.**

<https://sbuhb.nhs.wales/recovery-wellbeing/about-recovery-wellbeing/covid-19-recovery-therapy-information-pack/>

<https://www.yourcovidrecovery.nhs.uk/>

<http://www.wales.nhs.uk/sites3/home.cfm?orgid=537>

<https://www.rcot.co.uk/recovering-covid-19-post-viral-fatigue-and-conserving-energy>