



## Mental Health Resources During Covid-19



This is a difficult time for all of us and you are not alone in struggling with the change and uncertainty. Remember that this will NOT last forever

There is general advice that may seem very simple but is important nonetheless

- 1) If you are able to, try to exercise each day – whether via Youtube videos or going for a walk
- 2) Make sure you are eating good quality food regularly.
- 3) Try and keep a routine, going to bed at the same time and making sure you get enough sleep
- 4) Mindfulness can be a really useful tool to help unwind – there are various apps such as Headspace and Calm which can be helpful.
- 5) Distraction can be really helpful if you are finding your mind is overactive e.g. knitting, crosswords, gardening
- 6) Be kind to yourself – we are often hardest on ourselves – would you be so hard on a friend?
- 7) Try to keep connected with friends and loved ones via e-mail, Skype, Zoom and participating in a similar activity e.g. virtual pub quizzes/book clubs can be a good way.
- 8) Adjust your expectations of yourself. This is an unusual time and we should aim for **enough**.
- 9) Notice and limit worry triggers – For lots of people the news or social media can be a trigger. Try to limit your access to these things where possible. Only look at reputable news sources.
- 10) Try to focus on things you can control. What you do, where you get information and things that can help you rather than things out of your control.

### Useful resources

**Let's Talk** – local service that provides talking therapies via the NHS. Contact via <https://www.talk2gether.nhs.uk> or phone on 08000732200.

This resource below is really useful for those struggling with anxiety particularly around covid-19 <https://www.talk2gether.nhs.uk/wp-content/uploads/2020/03/Guide-to-Living-with-Worry-and-Uncertainty-in-Global-Crisis.pdf>

**Crisis Team** – If you are in urgent need of support - 0800 169 0398

**Samaritans** – 116123 [www.samaritans.org/](http://www.samaritans.org/) - 24/7 listening support

**Community Wellbeing Service** - 03001310024 - Helping people find local groups to help wellbeing

**Stay Alive App** – An app for those at risk of suicide or those worried about someone else

**Every Mind Matters** - <https://www.nhs.uk/oneyou/every-mind-matters/>

**Rethink Self Harm Hotline** – 08088010606 or [glosselfharm@rethink.org](mailto:glosselfharm@rethink.org)

**Gloucestershire Counselling Service** – 01453 766310 [www.gloscounselling.org.uk](http://www.gloscounselling.org.uk). Counselling available via video or telephone (payable)