

Looking after your Mental Health during COVID-19

V1.2

The coronavirus (COVID-19) outbreak may cause you to feel anxious, stressed, worried, sad, helpless, overwhelmed, confused or angry. It's important to remember it is OK to feel this way and that everyone reacts differently to different events.

This document provides a summary of helpful resources and links to a range of practical tips, advice and support to help us through uncertain times. The resources are categorised under different sections and can be quickly identified on the following page links.

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Local Immediate Support

...for anyone needing a confidential listening ear or may be experiencing a mental health crisis

1. **Samaritans:** Call 116 123
 - Confidential listening and a safe place to talk about whatever is getting to you
 - If you are feeling distressed or are concerned about someone else
2. **Shout!** Crisis text line: Text 85258
 - A free 24/7 text service for anyone worried about their mental health available at any time, any place and need immediate help
3. **Young Minds Parents Hotline:** 0808 8025544 (9.30am – 4.00pm)
 - Free, confidential online and telephone support including information and advice to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25

Online Resources for managing wellbeing during the Coronavirus pandemic

A range of helpful guidance providing ideas on what you can be doing to keep mentally healthy during the pandemic and whilst staying at home.

1. **Every Mind Matters:** <https://www.nhs.uk/oneyou/every-mind-matters/>
 - Updated with tips and advice on Mental wellbeing while staying at home
 - Coronavirus anxiety tips
 - Understanding mental health and tips to manage wellbeing
2. **CALM** (Campaign Against Living Miserably) – **Putting the social into social distancing:** https://www.thecalmzone.net/2020/03/putting-the-social-into-social-distancing/?utm_source=CALM+Subscribers&utm_campaign=e1c9b7f526-EMAIL_CAMPAIGN_2020_03_19_11_37&utm_medium=email&utm_term=0_6964bb7939-e1c9b7f526-242564545
 - Tips on how to keep socially connected whilst avoiding physical contact with others (incl online video games, Netflix party, BBC Culture in Quarantine, online gigs/clubs etc)
 - Helpline (0800 585858) and webchat (<https://www.thecalmzone.net/help/webchat>) are open everyday from 5pm to midnight to give support to anyone who needs it.

MIND – Coronavirus and your wellbeing:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

- A range of helpful resources for planning staying indoors, maintaining health through nutrition, deciding a routine, keeping active and finding ways to spend your time

3. **British Association for Counselling and Psychotherapy (BACP) - Coronavirus anxiety: how to cope if you're feeling anxious about the outbreak:**
<https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/>
 - Advice from counsellors about managing anxiety related to Coronavirus
4. **Carers UK – Guidance for Carers:**
<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>
 - Includes FAQs and a Wellbeing Action Plan with tailored tips on keeping a positive frame of mind
5. **Recovery College – Coping during the pandemic (online learning):**
<https://lms.recoverycollegeonline.co.uk/course/view.php?id=373#section-1>
 - A free online information learning course which provides easy to understand summaries of current guidance and links to the most up to date advice, as well as exploring how you might be feeling and what you can be doing to support your mental health at this time
 - The course also provides tips on how to manage a period of self-isolation and support other people you know (including children & young people)

Resources for Parents, Carers and Services working with young people

To provide guidance on managing stress and anxiety in children and young people

1. **Anna Freud - Supporting schools & colleges: A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption:**
 - Videos and FAQs:
<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>
 - PDF Guide:
<https://www.annafreud.org/media/11160/supporting-schools-and-colleges.pdf>
2. **WHO – Helping children cope with stress during the COVID-19 outbreak:**
https://www.epi-win.com/all-resources/helping-children-cope-with-stress-during-the-covid-19-outbreak#163961_20200318052635
3. **Place2Be: Coronavirus: Helpful information to answer questions from children:**
<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>
 - Tips and useful resources to support your child and yourself
4. **British Psychological Society – advice to schools parents and carers to help children through the uncertainty of school closures:** <https://www.bps.org.uk/news-and-policy/bps-offers-advice-schools-parents-and-carers-help-children-through-uncertainty>
 - Tips for school, parents and carers

5. **Public Health England – Advice on the coronavirus for places of education** (quick read version): <https://www.publichealth.hscni.net/sites/default/files/2020-03/V4%20Coronavirus%20advice%20for%20schools%20poster%20020302%20EDU15.0.4%20%282%29.pdf>

Resources aimed at Children & Young People to keep mentally well

1. **Covibook:** <https://www.mindheart.co/descargables>
 - An interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic
2. **Young Minds – What to do if you're anxious about coronavirus:** <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
 - Advice aimed at younger people including not overexpose yourself to the news, try and stick to normal routine, find things that help you feel keep calm and looking after your mental health while self-isolating

Physical Health and mobility

With schools and leisure facilities closed and many of us spending more time at home, it is more important than ever that we keep moving and stay healthy and positive. The resources below can help us with exercise which in turn can make us feel happier, more energised and more optimistic.

1. **Cosmic Kids Yoga Youtube video:** <https://www.youtube.com/user/CosmicKidsYoga>
 - Yoga, mindfulness and relaxation designed specifically for kids aged 3+, used in schools and homes all over the world
2. **Joe Wicks – P.E. with Joe, Youtube Video:** <https://www.thebodycoach.com/blog/pe-with-joe-1254.html>
 - Join Joe Wicks the bodycoach every day for a home workout aimed at kids
 - Monday to Friday 9am on Youtube The Body Coach TV
3. **Les Mills on Demand At Home Workouts** (free resource): <https://watch.lesmillsondemand.com/at-home-workouts>
 - Temporary free site with over 100 workouts to do at home to keep fit and healthy while gym and exercise facilities are closed
 - Includes a range of video classes from mindfulness, dance fitness, martial arts inspired
 - bodycombat and high intensity training for improving strength and fitness
4. **Energize – Movement, learning, active blasts and wellbeing resources:** <https://www.energizestw.org.uk/energize-resources>
 - Links to a wide range of free resources which can be used at home to improve our physical and mental wellbeing

- In addition to helping families with active learning, there are a range of website with information which everyone can benefit from

5. AOC Sport – Resources to keep active during the coronavirus:

<https://www.aocsport.co.uk/news-cs/resources-to-keep-active-during-the-coronavirus/>

- Links to organisations, including some colleges who have collated free online content suitable for students and staff while at home

Money Worries

Financial pressures can have a significant negative impact on our mental health and can be amplified even more when there is economic uncertainty. The following resources provide some useful information for further advice and keeping yourself financially safe.

1. Citizens Advice - Coronavirus - what it means for you – Paying your bills:

<https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>

- Latest guidance and advice on paying bills, scams, going to work, taking children to school
- Advice on what to do if off work sick or told to stay at home because of Coronavirus if you're employed, self-employed or claiming benefits
- Advice if you can't pay your rent

2. The Money Advice Service - Coronavirus – what it means for you and what you're entitled to: <https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you>

- Information on your rights to sick pay, benefits (including what you can claim if you're self-employed or not entitled to Statutory Sick Pay)

3. Step Change – Debt and Coronavirus:

<https://www.stepchange.org/debt-info/coronavirus-affecting-finances.aspx>

- Advice on what to do if worried how coronavirus could affect your finances or it is already having impact
- Advice if you have an upcoming court hearing
- Advice if you're worried about school closures affecting your finances

4. England Illegal Money Lending Team - Stop Loan Sharks: Helpline on 0300 555 2222 or website at www.stoploansharks.co.uk

- Ensuring that illegal money lenders (loan sharks) do not take advantage and profit from other people's hardship
- Contact if you are being harassed or threatened by an illegal money lender
- Victims, friends, family members and the wider community are encouraged to come forward if they suspect someone is suffering at the hands of loan sharks