



Mental health and well-being during COVID-19

Remember stay home and help save lives.

NHS Top tips:

1. Find out about your employment and benefit rights
2. Plan practical things
3. Stay connected with others
4. Talk about your worries
5. Look after your body
6. Stay on top of difficult feelings
7. Do not stay glued to the news
8. Carry on doing the things you enjoy
9. Take time to relax
10. Think about your new daily routine
11. Look after your sleep
12. Keep your mind active

The NHS website has lots of tips and further information to support families at this difficult time.

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

During this difficult time we know that people are feeling a variety of emotions. Please see below some ways to help support your emotions and feelings at this time. We have also put together a list of available help. There is more information and other agencies that may be able to offer advice and support listed on the NHS website <https://www.nhs.uk/oneyou/every-mind-matters/>

Helplines and support:

Anxiety UK: Charity to help support if you have been diagnosed with an anxiety condition. Phone 03444 774 (Mon-Fri 9:30 to 10pm; Sat to Sun 10am to 8pm) www.anxietyuk.com

CALM: Campaign Against Living Miserably for men aged 15 to 35, 0800 58 58 58, daily 5pm to midnight. www.thecalmzone.net

Men's Health Foundation: Provides information and support for anyone with mental health problems or learning disabilities. www.mentalhealthh.org.uk

Mind: Promote the views and needs of people with mental health problems 0300 123 3393 Mon to Fri 9am to 6pm)

No Panic: Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder. 0844 967 4848 daily 10am to 10pm 5p per minute. www.nopanic.org.uk

PAPYRUS: Young suicide prevention society, 0800 068 4141 Mon to Fri 10am to 10pm, weekends and bank holiday 2pm to 10pm. www.papyrus-uk.org

Rethink Mental Illness: Support and advice for people living with mental illness 0300 5000 927, www.rethink.org

Samaritans: Confidential support for people experiencing feelings of distress or despair, 116 123 free 24hr helpline.

Helplines continued

YoungMinds: Information on child and adolescent mental health, Parents' helpline 0808 802 5544 Mon to Fri 9:30am to 4pm

NSPCC: 0800 1111 for Childline for children, 24hr helpline, 0808 800 500 for adults concerned about a child 24hr helpline
www.nspcc.org.uk

Bridge The Gap: Charity offering Child Mental Health support in Derby, 01332 869417, www.jwbridgethegap.com

Refuge: Advice on dealing with domestic violence, 0808 2000 247, 24hr helpline, www.refuge.org.uk

Cruse Bereavement Care: 0808 808 1677 Mon to Fri 9am to 5pm, www.cruse.org.uk

Beat: eating disorders, 0808 801 0677 for adults, 0808 801 0711 for under 18's, www.b-eat.co.uk

Mencap: Charity working with people with a learning disability, their families and carers. 0808 808 1111 Mon to Fri 9am to 5pm,
www.mencap.org.uk

Family lives: advice on all aspects of parenting, 0808 800 2222 Mon to Fri 9am to 9pm, weekends 10am to 3pm.

OCD Action: support for people with OCD, including information, treatment and online resources, 0845 390 6232 Mon to Fri 9:30 to 5pm,
5p per minute, www.ocdaction.org.uk

OCD UK: A charity run by people with OCD 0333 212 7890, www.ocduk.org

Bipolar UK: A charity helping living with manic depression or bipolar disorder, www.bipolaruk.org.uk

For further support, advice and other websites please visit: <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Stay safe