**Wellbeing and Mental Health During Covid-19**

**A quick reference guide to looking after yourself and others during this trying time**

**Remember social distancing is about physical distance not emotional distance. Reach out and connect safely with others.**

**Connecting with people will help with isolation, worries, stress, concerns or even for laughter and socialising.**

**Beating Coronavirus Anxiety**

It is natural to feel anxious about the current circumstances but if the anxiety feels too much you can follow these top tips.

* **Limit your news coverage**

News coverage can increase anxiety, limit yourself to so many minutes per day.

* **Concentrate on facts**

Get your information from reputable sources and be cautious of social media coverage

* **Focus on things you can control**

We cannot control the covid crisis but we can control the way we respond. Think ahead, make plans, set up a routine.

* **Distract yourself**

Play games, read a book, watch a movie, exercise, play cards, take up crafts or learn a new hobby. This will be a welcome distraction to what is happening.

* **Connect and communicate**

Connect with friends and family in safe ways, there are virtual platforms, video calls, messages, post and other forms of communication.

* **Keep the bigger picture in mind**

This crisis will end and we will get through this

**Stay healthy**

Eat well and drink plenty water

Stay active indoors

Go for a safe distanced walk or sit in the garden – green spaces boost wellbeing

Sleep well

Avoid drugs and too much alcohol

Search what support is available and how to access it so if you do need it you know what is out there.

**Physical Environment**

**For some people their physical environment can change the mood. Watch your surroundings and see what makes you happy – it could be cleanliness, organisation or just having furniture in a certain way or the colour of the décor. Everyone is different so you focus on what makes you happy.**

**Keep a routine**

Having a routine is particularly effective as if helps lift your mood.

Set yourself goals

Pick regular times to do your activities

Maintain normal sleeping patterns

Keep a timetable of your week, meal plan or exercise plan

Build in time to regularly make contact with people

**Help others**

There are people who are more vulnerable than others and if you can during this time help them safely. Being support for someone can boost your morale and in turn help you with your feelings.

**Covid information**

**www.gov.uk/coronavirus**

Remember you are not alone. Remember it is ok to talk.

* Share your feelings with a friend, family member or work colleague
* Speak to someone who is trained to listen. They are non-judgemental and trained to offer the support needed, there is no pressure
* Contact your GP or your local NHS 111 service – they are aware that this current situation is causing more stress than usual and can offer support
* Remember that you are not alone in this. The whole world is living in this crisis and it will get better

Focus on what you need to do to keep yourself safe.

[www.stopsuicidenenc.org](http://www.stopsuicidenenc.org) will allow you to complete a safety plan

* Avoid alcohol and drugs
* Remove things from your house that you could self-harm with(ask for support from a person you live with to do this for you)
* Contact your GP or NHS 111 service they are available to offer support during this difficult time
* Make a box of hope filled with things such as objects, photographs, songs or anything that reminds you of happiness and reasons to live

If you feel you cannot keep yourself safe contact 999

**Suicidal Thoughts**

**Struggling to cope**

**GET HELP**

Advice and Guidance

* **Kooth – www.kooth.com**

Free online counselling for over 11s

* **Mind –** [**www.mind.org.uk**](http://www.mind.org.uk)

Mental health information and self-help guides

* **Online self-help guides – web.ntw.uk/selfhelp**
* **Recovery Colleage online –** [**www.recoverycollegeonline.co.uk**](http://www.recoverycollegeonline.co.uk)

Information and online courses

* **Every Mind Matters – www.nhs.uk/oneyou/every-mind-matters**

UK government mental health

* **Good Thinking –** [**www.good-thinking.uk**](http://www.good-thinking.uk)

Online wellbeing resources

* **Suicide prevention – stopsuicideenc.org**

Information and advice.

**LOCAL CONTACTS**

Newcastle 0191 277800

North Tyneside 03452000101

Gateshead 0191 4337112

South Tyneside 0191 2346084

**Work well from home**

Get work ready – designated workspace, wear a uniform

Get some fresh air when you can this will keep you focused

Connect with colleagues – join meetings, make calls, send messages

Your colleagues are there for support

**GET HELP**

* **Samaritans**

116 123

24 hour helpline

* **Shout**

Text – Shout to 85258

24 hour helpline

* **CALM campaign against living miserably**

0800585858

Help for men 5pm-midnight

* **Silverline**

08004708090

Advice for older people

* **Young Minds Parent Line**

08088025544

Advice for parents and carers worried about young persons

* **Young Minds Crisis Messenger**

Text YM to 85258

Text support for people under 25

* **Papyrus Hopeline**

08000684141

Support and advice for young people

* **The Mix**

08088084994

[www.themix.org.uk](http://www.themix.org.uk)

Advice and support for people under 25

* **Childline**

08001111 9am-midnight