

Here are some additional useful contacts & phone numbers:

Breathing Space 0800 83 85 87 (Mon-Fri 6pm-2am & Fri 6pm- Mon 6am) www.breathingspace.scot

Samaritans 116 123 www.samaritans.org

Mind UK 0300 123 3393 text 86463 www.mind.org.uk

Here are some other useful links with more advice and tips:

Adults:

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

<https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/covid-19-and-mental-health>

PODCAST (adults); Corona Virus and Well being

<https://drchatterjee.com/coronavirus-special-how-to-manage-anxiety-in-the-face-of-a-global-pandemic/> POD CAST form a Manchester GP, who writes on well being

For teenagers and adults;

<https://www.bbc.co.uk/news/health-51873799>

For teenagers;

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/#>

Talking to children about coronavirus and supporting children who are worried;

<https://www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus>

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

From CALL Scotland for children and young people with communication difficulties;

<https://practicalaoc.org/practical/practical-resources-dealing-with-the-covid-19-pandemic/>

Managing Mental Health with CORONA virus and Social distancing measures

- Anxiety is a normal response to the current situation
- **Talk** about your feelings, call friends and keep connected: Skype, what's app, facetime
 - Have a virtual coffee break or cup of tea with friends or family
- Have a **routine** even if confined to home with stable getting up and going to bed times
- **Plan your day:** try to find something new to do everyday
 - Cook or bake something new <https://www.youtube.com/watch?v=2AASWHau13A>
 - Do some active housework or tidying
 - Read a book or try an audiobook <https://www.onfife.com/libraries-archives/online-resources/ebooks-audiobooks-and-digital-magazines>
 - Colour in or try another new craft or DIY. There are lots of youtube videos (<https://www.youtube.com/>) which can teach new skills. What have you always wanted to do or learn?
- **EXERCISE!** There are lots of home work outs. Here a few suggestions:
 - Kids: 9am Mon-Fri Joe Wicks PE Lessons <https://www.youtube.com/user/thebodycoach1>
 - seniors: seated yoga <https://www.youtube.com/watch?v=-Ts01MC2mlo>
- Limit the amount of time watching the news, or searching Twitter or facebook
- **Breathe**, try a modified yoga breathing technique for 1minute at least 3 times a day; when waking up, if feeling stressed through the day and before bed <https://dirchatterjee.com/5-breathing-techniques-help-reduce-stress/>
- **Laugh**; watch some comedy, a good movie or TV show
- **Sing or Dance**; Listen to music, happy tunes, tunes that remind you of good times
- **Be Kind, Help others**; Do something for someone else. A phonecall, write a letter. Thinking about others and helping others can give you a sense of purpose and wellbeing
- Try some mindfulness or relaxation especially before bed <https://www.moodcafe.co.uk/download-relaxation-exercises.aspx>
- Put your phone outside the bedroom and switch off all notifications
- **Sleep**: work on best sleep hygiene <https://www.moodjuice.scot.nhs.uk/SleepProblems.asp>
- **Eat**: make time for meals. Consider eating with others over Skype, what's app or facetime
- **Avoid using alcohol, cigarettes or drugs to cope with stress**
- Keep a gratitude & happiness diary –write 3 positives things every day

Still need more help. Access a free mental health course through

recovery college online on Coping with the Corona virus pandemic

<https://lms.recoverycollegeonline.co.uk/course/view.php?id=373>