

Supporting Wellbeing and Mental Health during Covid 19

As we are all aware, the pandemic has personally challenged all of our coping mechanisms and has, for some, negatively impacted upon emotional and physical wellbeing and caused or exacerbated people's mental health conditions. Rather than create new advice or rewrite information, this guide provides links to the great resources out there, which you can use and share.

Every Mind Matters: Public Health England site however this provides links to all 4 UK nations support and guidance, all contain lots of suggestions and further resources: <https://www.nhs.uk/oneyou/every-mind-matters/>

The Mental Health Foundation: has lots of resources targeted at specific groups including children and young people and these can be found here: <https://www.mentalhealth.org.uk/coronavirus> they also provide a getting help page where this needed: <https://www.mentalhealth.org.uk/your-mental-health/getting-help>

MIND: has lots of resources targeted at specific groups including children and young people and these can be found here: <https://www.mind.org.uk/information-support/coronavirus/>

Rethink Mental Illness: provides and information services and local support groups plus other services in England <https://www.rethink.org/>

Support in Mind Scotland: offer a National Information Service which can signpost to the local support services. The National Information Service is open Monday to Friday from 9am-3.30pm phone 0300 323 1545 or email info@supportinmindscotland.org.uk

SAMH: Coronavirus Mental health information hub
<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub>

Breathing Space: offer a confidential phoneline for anyone in Scotland over the age of 16, feeling low, anxious or depressed call 0800 83 85 87

Children/young people/parents specific support

Youngminds: Lots of help and resources for Children and young people

<https://youngminds.org.uk/find-help/get-urgent-help/>

Parents Helpline: <https://youngminds.org.uk/contact-us/parents-helpline-enquiries/>

Parentline Scotland: <https://www.children1st.org.uk/help-for-families/parentline-scotland/>

Support for staff

National Wellbeing Hub (Scotland) for people working in health and social care has some great self care resources for project coordinators, befriending staff and some you may also want to share with your volunteers. It also has information for unpaid carers: <https://www.promis.scot/resource/coping-and-self-care/>

***If someone needs to talk confidentially they can call
Samaritans on 116 123 at any time.***