

# Coronavirus

## Looking after your mental health

We are facing extraordinary times due to the outbreak of Coronavirus (Covid-19) and in this unsettling period, it is understandable that you may be feeling more anxious and worried.

We hope this leaflet gives you some advice and information to help you look after your mental health and provide guidance on when and where you can seek support from community or professional services if you feel unable to cope.



# General tips and advice

- 1** While it's important to stay informed, try to avoid speculation and look at trusted sources of information like [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) or [gov.uk/coronavirus](https://www.gov.uk/coronavirus). Consider limiting the amount of news and social media you absorb if you find it makes you more anxious.
- 2** Keep in touch with family and friends, whether that's by telephone, email, social media or video calls. A quick chat or face to face contact can be helpful at these times.
- 3** Eat a balanced diet – good nutrition can make a big difference to your mental health but allow yourself some treats too!
- 4** Keep active – whether that's going for a walk (on your own or with someone from your household) or doing an exercise routine each day.
- 5** Set aside time to look after yourself and find things that help you relax whether that's reading, watching films, relaxation or meditation techniques, creative arts, cookery or use the internet to learn a new skill or develop a new interest.
- 6** Avoid habits like smoking or drinking excessive amounts of alcohol.
- 7** Try to stick to a daily routine and get plenty of sleep.
- 8** Make sure you have any medicines that you have been prescribed. Many pharmacies can help deliver your medication without you even needing to leave your home.
- 9** Find mental health support information online at [www.mentalhealth.org.uk/coronavirus](https://www.mentalhealth.org.uk/coronavirus) and [www.mind.org.uk/information-support](https://www.mind.org.uk/information-support) – these sites also have useful apps and videos you can download and watch.
- 10** Acknowledge your feelings and talk to others if you feel you cannot cope.



# Where to seek help

## What can I do to help myself first?

In the first instance try looking at online resources like [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters) which has information, podcasts and other tools that you can explore, read or listen to.

There are also NHS approved apps which you can download from [www.nhs.uk/apps-library/category/mental-health](http://www.nhs.uk/apps-library/category/mental-health) or you could explore mindfulness exercises (just search the internet for NHS Solent Guided Mindfulness). Think Ninja is also a useful app for children and young people and can be downloaded for free from the App Store for all Android and Apple IOS smartphones and tablets.

The Isle of Wight Community Mental Health Wellbeing Service also runs a website [www.isorropia.uk](http://www.isorropia.uk) and a dedicated Facebook page with helpful tips and information [www.facebook.com/isorropiafoundation](https://www.facebook.com/isorropiafoundation).

## What if I need more help?

If you need more help and just want to chat to someone about your concerns, these helplines may be useful to you:

- **Saneline** Tel: **0300 304 7000** (365 days a year, 4.30pm-10.30pm) – emotional support for people affected by mental health illness, their families or carers
- **Mind** Tel: **0300 123 3393** (Mon-Fri, 9am-6pm) providing advice and support to anyone experiencing a mental health problem

There are also dedicated helplines for parents, children and young people too:

- **YoungMinds** Tel: Parents' helpline **0808 802 5544** (Mon-Fri, 9.30am-4pm)
- **The Mix** (under 25s support) Tel: **0808 808 4994** (7 days a week 4pm-11pm) or webchat – visit [www.themix.org.uk](http://www.themix.org.uk)
- **IW Youth Trust** **01983 529569** (10am-4pm, Mon-Fri), [www.iowyouthtrust.co.uk](http://www.iowyouthtrust.co.uk) and via [www.facebook.com/isleofwightyouthtrust](https://www.facebook.com/isleofwightyouthtrust)
- **Barnardos** also offers a range of support through local family centres, and phone or online advice through its talk-2 service visit [www.barnardos.org.uk](http://www.barnardos.org.uk) or call **01983 865657** (Mon-Thurs 9am-4pm)

If you are an older person, or caring for someone who is older, advice and resources are available on: [www.ageuk.org.uk/isleofwight](http://www.ageuk.org.uk/isleofwight) or call Silverline anytime 24/7 on **0800 4 70 80 90**

If you or someone you care for has dementia, you can find information, support and advice from:

- **The Alzheimer's Society** – **0333 150 3456**
- **Dementia UK** – **0800 888 6678** or [helpline@dementiauk.org](mailto:helpline@dementiauk.org)

## What community support is available?

There is also a wide range of help that has been set up in the community with the support of the Isle of Wight Council in partnership with the Island's voluntary network, to help people who are feeling vulnerable or isolated. You can find out more about support in your neighbourhood here [www.iowcoronavirus.co.uk](http://www.iowcoronavirus.co.uk) and other useful information including a list of peer support groups. There is also a helpline Tel: **01983 823600** (operating 7 days a week, 9am-5pm).

## What if I feel it's more serious?

If you are aged 18 or over, you can contact the Community Mental Health Safe Haven where trained professionals can discuss your mental health concerns and provide you with some help. Telephone: **01983 520168** or by email: [safehaven@twosaints.org.uk](mailto:safehaven@twosaints.org.uk) This service operates Monday to Friday between 5pm-10pm and 10am-10pm (weekends and bank holidays).

## What if I've reached a crisis point?

If your mental or emotional state quickly gets worse or if you are worried about someone you know, then access to all mental health services on the Island is provided through the Single Point of Access Services which operate 24 hours a day, 7 days a week. The specialist assessment team can be contacted on **01983 522214**.

If you are experiencing distress or despair you can also talk to the Samaritans on their confidential, free helpline, 7 days a week, 24 hours a day Tel: **116 123**.

## What if I am caring for someone else and need support?

If you are caring for someone else and need support, then you can telephone Carers IW **01983 533173** (Monday-Friday between 9am-4pm). You can also call at the weekend, but this is for urgent calls only and between 10am-4pm.

*We are working hard to develop a wide range of resources for anyone in the community who might be struggling or just wants some advice and guidance. Keep checking [www.iowcoronavirus.co.uk](http://www.iowcoronavirus.co.uk) for more updates.*



**You can get this information in large print, Braille, audio or in another language by emailing [iownt.comms@nhs.net](mailto:iownt.comms@nhs.net) or calling **01983 822099 ext. 6175**.**

This leaflet was produced by NHS Isle of Wight Clinical Commissioning Group, Isle of Wight NHS Trust, mental health service users, community and third sector partners.