

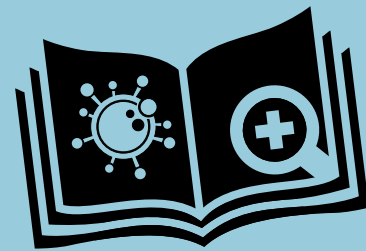
Coronavirus COVID-19

Mental Health Top Tips

Top tips to aid managing your mental health during the Coronavirus outbreak



Focus on managing the anxiety rather than trying to get rid of it.



Follow the health guidance given as fully as possible.



Keep up to date with the news...but only as much as you need to be informed and avoid social media posts and information from unverified sources as these will fuel worry and uncertainty.



Talk to friends and family, stay in touch and have discussions about normal things as well as the current situation.



Talk about emotions and try not to push them away - they tend to come back stronger if you do.



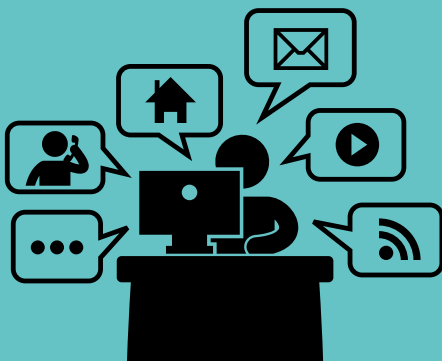
Try to focus on what is happening now rather than what could happen in the future.



Take time to do enjoyable activity including exercise.



Drink plenty of water and try to maintain a balanced diet.



Avoid burnout.



Make time to relax and unwind...Mindfulness techniques can be useful.





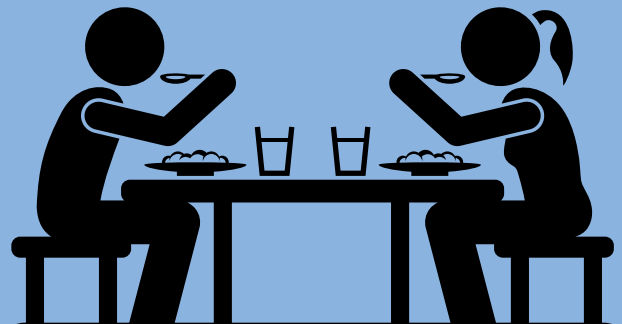
Grief... Seek and accept support. Call on a trusted family member or friend, church clergy, or professional counsellors.



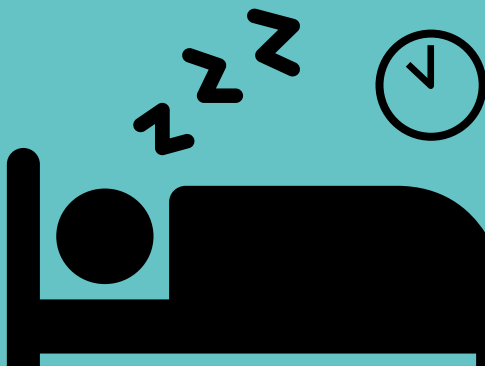
Try to avoid alcohol... too much can lead to accidents. It is also known to **lower your mood** and can lead to **domestic abuse**. Which puts **added pressure** on the **NHS** and emergency services.



Keep taking your medication. You might be able to order repeat prescriptions by phone. Or you may be able to do this online using an app or website.



Eat a healthy well balanced meal where possible and avoid junk food.



Sleep... Try to maintain a good routine regarding your sleeping habits.



Useful websites and numbers:

- **IAPT (Improving Access to Psychological Therapies):**
<https://iapt.rdash.nhs.uk>
Doncaster: 01302 565556
Rotherham: 01709 447755
Scunthorpe: 07967 793433
Free for people who feel they need help or support for anxiety.
- **NHS Choices:** www.nhs.uk
Mental health services are free on the NHS. To find out more about the services available to you click here:
<https://bit.ly/2xaSAVa>
- **Every Mind Matters:**
<https://bit.ly/2JOE73Y>
Coronavirus-covid-19-anxiety-tips.
- **Headspace:**
www.headspace.com/nhs
Online learning platform to help you gain skills of meditation and mindfulness.
- **Childline:**
WWW.CHILDLINE.ORG.UK
Or freephone 0800 1111
Phone lines are open from 9am to Midnight.
Free to anyone under 19 in the UK. It is a private and confidential service where you can talk about anything.
- **Samaritans:**
<https://bit.ly/2UR1iky>
Or freephone 116 123
If you need someone to talk to, we listen. We won't judge or tell you what to do.
- **Citizens Advice:**
www.citizensadvice.org.uk
- **National Domestic Violence Helpline: Freephone:**
0808 200 0247
www.thehotline.org
24/7 Support.
- **Inspire to Change**
www.inspiretochange.co.uk
01142 567 270
For people who are worried about their abusive behaviour.
- **Sleepio:** <https://bit.ly/2VdGZN6>
Sleepio 6 week online program designed by sleep experts, based on cognitive and behavioral techniques.
- **NHS Coronavirus (COVID-19)**
www.nhs.uk/conditions/coronavirus-covid-19
Advice for everyone.



HM Government

NHS

CORONAVIRUS

ANYONE CAN GET IT. ANYONE CAN SPREAD IT.

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES

