

Mental Health Support and Covid-19



[Mind](#) have information on their [website](#) if you are worried about coronavirus (also known as COVID-19) and how it could affect your life. This may include being asked to stay at home or avoid other people.

This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing. This information is to help you cope if:

- you're feeling anxious or worried about coronavirus
- you're asked to stay at home or avoid public places, for example if your employer asks you to work from home.
- you have to self-isolate. This means you avoid contact with other people and follow strict hygiene rules.

And it covers:

- Plan for staying at home or indoors
- Take care of your mental health and wellbeing
- Checklist: are you ready to stay at home for two weeks?

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



[Anxiety UK](#) are running a series of 'webinars' for people whose mental health may be worsened by fear of coronavirus and / or the need to self-isolate:

<https://www.youtube.com/watch?v=0tpX-Wi8idQ>
<https://www.youtube.com/watch?v=2-d3cwkm6RY>

They also have a live chat and helpline:

<https://www.anxietyuk.org.uk/blog/covid-19-and-anxiety-part2/>



[OCD Action](#) are running Skype and phone support groups for people that are self isolating or unable to leave the house

<https://twitter.com/ocdaction/status/1239176100607074306>



The [Derbyshire Recovery and Peer Support Service](#) is still up and running as normal and will continue to run unless told otherwise.

Please email DerbyshireRecoveryPeerSupportService@rethink.org or call on 01773 734989 for support. The service is open from 9 am - 5 pm Monday to Friday.

You can also get in touch via WebChat – please go to the [Rethink website](#) to start a conversation with a member of the team <https://www.rethink.org/help-in-your-area/services/community-support/derbyshire-recovery-and-peer-support-service/>

For up to date information about which Derbyshire Recovery and Peer Support groups are running please visit their facebook page:

<https://www.facebook.com/derbyshirerecoveryandpeersupport/>