



ADULT MENTAL WELLBEING – EASY TO ACCESS RESOURCES AND IDEAS

The next few months are going to be challenging for all of us. These are unprecedented times and it's understandable that many of us are struggling with worry and anxiety.

The below are all examples of readily available resources. Many others are available - as an organisation we share these as examples and neither endorse nor recommend them over others.

Here are a few ideas that might help.

First remember the basics:

Eat well and drink regularly

Exercise regularly - preferably outside whilst maintaining the 2m social distancing requirement - exercise is a proven natural stress buster.

Sleep - this is vital but may be difficult at present with many struggling to switch off their thoughts. Try keep to your regular sleep routine and look at the resources below.

Rest and relax - if you find your mind spiraling stop close your eyes and breathe for 30 seconds whilst being aware of the sensation of the ground beneath your feet. Try an absorbing activity, this in itself is a form of mindfulness.

Connect with others - for once social media gets a good press

Volunteer to help – see our other page on volunteer resources

The following are a list of resources that might help:

Mind - <https://www.mind.org.uk> - for help and support with all aspects of mental health problems including anxiety, depression and loneliness. Useful for carers and young people also.

Mind Infoline - free support and advice for mental health- 0300 123 3393

British association for counselling – <https://www.bacp.co.uk>

Samaritans – <https://www.samaritans.org> - free phone 116123 - 24/7 support or email jo@samaritans.org

Citizens advice – <https://www.citizensadvice.org.uk> - freephone 03444111444- text 03444111445- for practical support and advice.

Local services:

Talking Mental Health Derbyshire (TMHD)- a talking therapy service for all aged 16 and above - currently not accepting new referrals but has resources for self-help and crisis management.

<http://www.derbyshirehealthcareft.nhs.uk>



Helping Hooves Derby CIC - 'Text Ted' WhatsApp Support Group 07594 330763

The Silver Line – Phone befriending for older adults 0800 470 8090

CALM - for men (5pm to midnight) 0800 585858

Papyrus - for under 35s Mon- Fri 10am – 10pm, Weekends 2pm- 10pm) Text 07786 209697

Childline - for under 19s 0800 1111

On-line Mental Health Support

<https://www.qwell.io/>

<https://www.kooth.com/>

<https://youngminds.org.uk/>

General Advice and Info for mental health

https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?utm_medium=organic&utm_source=facebook&utm_campaign=info&utm_content=coronaviruswellbeing&fbclid=IwAR2PZqQXsynd4m-ZQ2Y_NAa21di9H_oIPVS6-8X_dyC3S9Czalrv4-b9GZ8

https://www.rethink.org/news-and-stories/blogs/2020/03/coronavirus-advice-for-carers-of-those-with-severe-mental-illness/?fbclid=IwAR0-Nm3xGL_sAMuzhYgFTEqFbbJdnk5pWkw1BngYattlArRzUUIQjCC43gw

https://inews.co.uk/opinion/comment/call-loved-ones-have-a-routine-and-keep-a-diary-how-to-stay-mentally-well-amid-the-coronavirus-2450323?fbclid=IwAR3_8CzXsDwdD_Dc0ZmJfJcDT0RJFOBQI4C6uhU5qUcP_pKIRi6KMr6Mfn8

https://www.rethink.org/news-and-stories/blogs/2020/03/managing-your-mental-health-during-the-coronavirus-outbreak/?fbclid=IwAR1_IYeHsU1E1kIKk0WpFVcOY_rmKbwE-RclGnuSGtdLygMWH7u20txqcDI

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/?fbclid=IwAR0a96nMciFvbYOFXWYfPmey2NpuVeWRgoWf7ebLqDBrU0C76AeQO2TURk8>

https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/emotional-health-and-wellbeing/emotional-health-and-wellbeing.aspx?fbclid=IwAR1kichKMqEJ6TmAYCu79QGYZiWDWKZ7RoXejAFReYdwuPbmMWEFhHV_b88



Useful apps

[nhs/app:library/categories/mental health](#)

Headspace

Calm - meditation and sleep

Self-help anxiety management

Beat panic

Silver cloud

Sleepio

Sleepstation - connect with a team of sleep experts to help you fall and stay asleep

The mindfulness app

Mindfulness daily

Feeling good: positive mindset

Above all remember:

You are not alone

Remember self-care

Connect with others - share your own vulnerability

Distraction, mindfulness, absorbing activities

We are all in this together and together we will get through this