

COVID 19 and Mental Health



Tayside Mental Health and Wellbeing Resources and Support

Many people will experience an increase in mental health symptoms throughout this coronavirus outbreak due to the impacts of:

- changes in daily routines
- financial difficulties and uncertainty,
- social isolation,
- anxiety about potential health impacts of Covid-19, and
- worries about friends and family

This is likely to affect people with existing mental health conditions, financial worries, frontline workers or those with underlying health issues¹. However anyone can be affected and experience symptoms such as low mood, insomnia, anxiety, irritability, poor concentration and stress.

Therefore it is important that we all look after our mental health and wellbeing during this time.

The following resources offer useful information and advice as well as direct support. It is not a complete list and will be updated regularly.

Crisis Information

If you are feeling suicidal or are worried about someone phone your GP or care team (if you have one) first. If you are unable to talk to them, call NHS 24 on 111. If it is an emergency, dial 999. You could also phone one of the helplines on page 5 of this resource.

General

NHS Inform – hosts a wealth of advice on symptoms, social distancing, caring for a cough or fever, as well as how to look after your mental wellbeing during the Covid-19 pandemic

www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19

Ready Scotland – useful information to help you to stay safe and well during the coronavirus outbreak. Includes information on helping in your community, how to provide practical help and emotional support, where to find additional support and advice for community groups

www.readyscotland.org/coronavirus/

Local Services

Local mental health and wellbeing support services are continuing to support existing clients via telephone and online. If possible, email or check for updates on Facebook. Phone messages will be checked as often as possible.

Tayside Wide

Tayside Cares www.taysidecares.co.uk This website provides information, advice and assistance regarding coronavirus (Covid-19) for citizens living in Angus, Dundee and Perth & Kinross.

Community Listening Service

The Community Listening Service has moved to a telephone listening service during the coronavirus outbreak. Anyone in Tayside can contact the listening service – phone or text 0796 777 1941 – to arrange a telephone appointment.



Do you need to talk about what's on your mind?

NHS Tayside

Most of us do, especially during worrying times or after a bereavement or loss. It can be helpful to share your story.

NHS Tayside's Community Listening Service is here for you throughout this time with appointments available via phone Monday - Friday. We will listen and can help you rediscover your strength.

Just call or text **0796 777 1941** to find out how we can support you.

"I came away with a feeling of optimism. I have since taken positive steps to make some changes in my life which have improved my mental and emotional wellbeing." - NHS Tayside patient

The poster features a large smartphone graphic on the left with a green phone icon and the number 07967 771 941. The background is blue.

Angus

Angus Health & Social Care Partnership website contains a range of information and resources to improve mental health and wellbeing - www.angushscp.scot/mhwellbeing/

Penumbra Angus Wellbeing Services – enquiries and referrals can be made via:

angus.nova@penumbra.org.uk

Angus Peer Service – telephone appointments can be booked through GP Practices

Angus Suicide Prevention Service –telephone and email support (Monday to Friday 9am-5pm).

Contact aspss@penumbra.org.uk or 0800 135 7899

General updates posted on Facebook www.facebook.com/penumbraangus/

Voluntary Action Angus are coordinating volunteering support including informal telephone befriending during this period. Contact them on 01307 466113 or visit

www.voluntaryactionangus.org.uk

Still under Maintenance Mode

Support in Mind Scotland – Angus Carer Support Project provides support to individuals who care for or support people experiencing mental ill health. Support is currently available by phone 07734 739667 and email ismillie@supportinmindscotland.org.uk or visit

www.supportinmindscotland.org.uk/tayside-angus-support

Dundee

Penumbra Dundee Wellness Services - People can get in touch with general enquiries via:

dundee.nova@penumbra.org.uk or dundee.carers@penumbra.org.uk

01382 223487 (messages are being picked up daily Monday-Friday)

General updates will be posted on Facebook www.facebook.com/penumbradundee/

Dundee Healthy Minds Network – offering phone support, virtual drop-ins (group video chat) and live chat via their Facebook page www.facebook.com/DundeeHMN

Making Recovery Real in Dundee Peer Support Phone line - Local peer supported phone line for those struggling with their mental health during the COVID-19 crisis. Aims to provide people with some calm during times of distress by allowing callers to share their thoughts and feelings, talk about mental health, recovery and what works for them.

01382 305735 (Monday 12-8pm, Tuesday-Friday 12-6pm, Saturday 12-2pm)

Perth & Kinross

Coronavirus: Mental Health & Wellbeing – This webpage has links to reading materials, self help techniques and some helpful videos that help us acknowledge and understand how self-isolation is or can impact on how we feel www.pkc.gov.uk/coronavirus/mentalhealthwellbeing

Mental Health Directory of Services Covid 19 – A directory of services in Perth & Kinross which can help you look after your and others mental and emotional wellbeing during the coronavirus pandemic. Download a copy from www.pkc.gov.uk/mentalhealth

Coronavirus: Community Support – this website contains downloadable summaries of key community support and volunteering opportunities from across Perth & Kinross -

www.pkc.gov.uk/coronavirus/communitysupport

Mindspace - offer tele or e-counselling to existing clients and those on the waiting list, along with Peer Support and the Recovery College. Check their website www.mindspacepk.com for updates on phone availability, or contact them via email at info@mindspacepk.com

Online Support

Tayside

Cool2Talk - www.cool2talk.org – This is a confidential place and 121 counselling service for young people aged between 12 and 26 to freely ask questions about things that are affecting them.

Suicide? Help! – an information app for people who are thinking about suicide or worried about someone else. As well as providing information about suicide, such as how to get help and what signs to look for in others, this app provides details of relevant local services – website www.suicidehelp.co.uk

Money Worries? – This app is a comprehensive resource which points people to the right help in a crisis. Search for 'Money Worries? Find the right help in a crisis' on the app stores.

National

Living Life to the Full – <https://littf.com> - a free life skills course teaching how to tackle and respond to issues or demands in everyday life. Includes specific wellbeing advice related to Coronavirus for adults, young people and their parents and health workers.

Beating the Blues - www.nhstayside.scot.nhs.uk/beatingtheblues/index.htm - a computer based self-help programme which uses Cognitive Behavioural Therapy (CBT) for people experiencing mild to moderate depression or anxiety. Available in Tayside via GP referral.

Headspace – www.headspace.com - Using proven meditation and mindfulness techniques, Headspace helps its users to train their minds, to experience benefits including less stress, better sleep, focus and improved relationships (Headspace are offering more free functions during the Coronavirus crisis) Also available as an app.

Moodscope – www.moodscope.com – an online tool to track wellbeing day-to-day, increasing awareness of the causes of our ups and downs. There is the option of sharing with a nominated online support 'buddy'.

Feeling Good: Positive Mindset app - www.nhs.uk/apps-library/feeling-good-positive-mindset - relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.

Helplines and advice

Breathing Space - 0800 83 85 87 – free listening advice and information for people feeling low, stressed or anxious

Samaritans – 116 123, email: jo@samaritans.org – provides 24 hour free confidential emotional support for people experiencing feelings of distress or despair, including those which could lead to suicide www.samaritans.org

CALM – 0800 58 58 58 – free helpline and webchat dedicated to preventing male suicide www.thecalmzone.net free

Survivors of Bereavement by Suicide – 0300 111 5065, email: email.support@uksobs.org – exists to meet the needs and break the isolation of those bereaved by suicide uksobs.org

Shout – Text 'SHOUT' to 85258 for free 24/7 text based support for anyone in crisis, struggling to cope and in need of immediate help.

Alcohol helpline – 0800 7 314 314 - Drinkline Scotland – alcohol helpline for anyone worried about their own or someone else's drinking

Drug use helpline - 0333 230 9468 - Know the Score – free, confidential information and advice

Concerned about someone else's alcohol or drug use - 08080 10 10 11 - Scottish Families Affected by Alcohol & Drugs – free and confidential helpline www.sfad.org.uk

Domestic abuse helpline - 0800 027 1234, email helpline@sdafmh.org.uk and webchat – confidential support from highly trained female advisors www.sdafmh.org.uk

Rape Crisis Scotland helpline - 08088 01 03 02 - Rape Crisis Scotland – confidential support, advice and information. For anyone, women and men, affected by sexual violence no matter when or how it happened

Bereavement helpline - 0808 802 6161 - Cruse Bereavement Care - offers support to people who have lost someone close www.crusescotland.org.uk

LGBT health and wellbeing helpline - 0300 123 2523, email helpline@lgbthealth.org.uk and webchat – information and emotional support www.lgbthealth.org.uk/services-support/helpline/

Childline – 0800 1111 – confidential listening and support with a counsellor or 1-2-1 webchat www.childline.org.uk

Parents helpline 08000 28 22 33 and webchat - Parentline Scotland – tips, advice and support for parents www.children1st.org.uk/help-for-families/parentline-scotland

Older people's helpline – 0800 4 70 80 90 – The Silver Line - free 24 hr helpline providing information, friendship and advice to older people.

Mental Health National Websites

Alcohol Change UK – Information and advice on alcohol during the coronavirus outbreak, including how to manage your drinking www.alcoholchange.org.uk/help-and-support/get-help-now/coronavirus-information-and-advice-hub

SAMH (Scottish Association for Mental Health) – Hub of information and guidance about looking after your mental health as the coronavirus developments continue www.samh.org.uk

Samaritans – compiled resources and information for people worried about their mental health during the coronavirus outbreak www.samaritans.org/scotland/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/

Mind – information on coronavirus and your wellbeing, including useful checklists to help people to prepare for and cope with social isolation www.mind.org.uk/information-support/coronavirus-and-your-wellbeing

Mental Health Foundation – information on looking after your mental health during the coronavirus outbreak www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak

Young Scot - find out more about what's happening and the simple steps you can take to help prevent catching COVID-19 and spreading to others. Also find out more about what you can do if you are feeling anxious and worried, and how you can support others in your community www.young.scot/campaigns/national/coronavirus

Young Minds – support for young people and parents who are struggling with news about coronavirus. Information for parents on talking to their children about coronavirus www.youngminds.org.uk/

COSLA – advice for supporting children and young people during Covid-19 www.cosla.gov.uk/covid19-advice-supporting-children-and-young-people

References

1. [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30460-8/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30460-8/fulltext)

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