Daily Newsletter Message – Mental Health and Wellbeing

If you have to stay at home because of coronavirus (COVID-19), it's important to take care of your mind as well as your body.

You may feel bored, frustrated or lonely. You may also be low, worried or anxious, or concerned about your finances, your health or those close to you.

It is OK to feel like this – everyone reacts in their own way to challenging events and uncertainty. It's important to remember that staying at home may be difficult, but you are helping to protect yourself and others by doing it.

The NHS Every Mind Matters initiative has released 10 things you can do now to help you keep on top of your mental wellbeing and cope with how you may feel while staying at home. They are:

1. Find out about your employment and benefit rights
2. Plan practical things
3. Connect with others
4. Talk about your worries
5. Look after your body
6. Stay on top of difficult feelings
7. Do not stay glued to the news
8. Carry on doing things you enjoy
9. Take time to relax
10. Create a daily routine
11. Look after your sleep
12. Keep your mind active

For more detailed information about these 10 tips, go to: https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/

Make sure you get further support if you feel you need it
For young people – Kooth is a web based confidential support service available to young people specifically designed to support young people who are looking for mental health and wellbeing support. Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor and is accessible through mobile, tablet and desktop and free at the point of use. To find out more, go to: https://kooth.com/

For adults: For further information on mental health and wellbeing, as well as information on dealing with a mental health crisis or emergency, visit this link: https://www.nhs.uk/conditions/stress-anxiety-depression/