Highland Community Planning Partnership

Mental Health and Wellbeing COVID-19 Resource

April 2020

Signpost to mental health and wellbeing support and advice

Help in a crisis

If you, or someone you care for, is in immediate danger call **999**. If the crisis is not life threatening, call NHS 24 on **111** or speak to your GP.

There are other services you can contact 24 hours a day for support, as per the following:

- Samaritans - **116 123** (calls are free and do not show on a phone bill)
- Breathing Space - **0800 83 85 87**
- National Scottish Domestic Abuse Helpline - **0800 027 1234**
- Childline - **0800 1111**
- CRUSE Bereavement Care Scotland - **0845 600 2227**

Advice, resources and support

We are all likely to be under increased pressure over this period. It is going to be crucial that we are all able to talk openly and honestly about our mental health and wellbeing and we know how to get help and support when we need it.

Online resources

- Visit the Breathing Space website for some tips on staying connected and online resources specifically designed to help you cope with staying home and the stress of the COVID-19 pandemic.

- The NHS Inform COVID-19 page has suggestions and advice for coping with the effects of self-isolation, social shielding, and social distancing on your mental wellbeing.

- The SAMH website includes help with anxiety, OCD, issues for older people and young people, benefits, and coping with distressing news coverage.

> Be kind to each other. This can have a profound impact on wellbeing. We don't know what is going on in another person's life – think of an iceberg – only a small part of it if clearly visible. Look out for each other.

- Visit Age Scotland which supports older people, to learn more about keeping active and boosting mental wellbeing at this time. You can also phone the Age Scotland helpline on **0800 12 44 222**. It's open Monday to Friday, 9am to 5pm.

- Young Scot website has a lot of information on coping with the COVID-19 pandemic for young people.

- The Young Minds blog has a range of resources, and useful advice about how COVID-19 can affect young people with different mental health conditions.

- Scottish Government Clear your head site is full of tips and ideas to help us get through these times.

NHS Inform resources and advice

- ○ **Complete a self-help guide for anxiety**
- ○ **Complete a self-help guide for depression**
- ○ **Explore mental health self-help guides**
- ○ **Learn about managing stress**
- ○ **Learn different ways to improve your mental wellbeing**

Highland resources

- **Mental Wellbeing Toolkit**
- Prevent Suicide Highland App available on:
  - ○ **Android** or
  - ○ **Apple** devices
- **Mental wellbeing Facebook page**

Promote trusted and reliable information

It is important to have the right information. Getting news from unreliable sources can make you feel more upset and anxious, which is unhelpful when it comes to mental wellbeing.

Look out for reliable sources, like both the **NHS Inform** and the **Scottish Government** websites.

Support communities to stay home and stay well

Even if you're working from home, staying indoors and social distancing can lead to changes in your routine. This can have a negative effect on your mental wellbeing.

Online resources

- **Age Scotland** has information on maintaining mental and physical wellbeing at home including a video with exercises that older people can do safely.
- **Young Minds** has useful tips and resources for protecting young people's mental wellbeing while staying home.
- **Parent Club** can help parents with everything from learning at home to finding reliable information about COVID-19 and children.
- **See Me campaign** is Scotland's programme to end mental health stigma and discrimination.
- **Mental Health Foundation** has specific advice for taking care of yourself and creating a routine while we all need to stay at home.
- **The Sleep Council** offers more information on getting a good night's sleep so you feel alert and more positive during the day.
- **BBC Food** has recipes to try when you're staying home and don't have access to the ingredients you usually use.
- **NHS Inform** has relaxation exercises.
- **OpenLearn website** offers free learning suitable for all ages and education levels.
- **Community Health Exchange** (CHEX) offers the latest news and information relating to community-led health.

Highland resources

- Highland Council support line - **0300 303 1362** – provides advice on benefits and personal support, education and social care, advice for businesses who may need help with financial support.

- Helpline staff will also be signposting callers to other organisations that can provide help and assistance as well as gathering offers from individuals or community groups wishing to volunteer.

- **Think Health Think Nature** contains useful links and information on engaging with nature while adhering to current UK Government Guidelines.

- Highland Third Sector Interface Helpline **01349 808022** - for Organisations and Community Groups responding to COVID-19.

- HighLife Highland is uploading online classes to help you exercise from home from their **Macmillan Move More Highland Facebook page.**

- HighLife Highland have **specialist support** for some of the most vulnerable members of the community who may be 'shielding' e.g. people affected by cancer.

- **Highland Digital Schools Hub** information for schools and young people.

Advocate for equality and challenge discrimination

Treating people differently because they are ill or not the same as us creates stigma and can lead to discrimination. This can make people who are mentally unwell feel worse. At this time of crisis and uncertainty, it is more important than ever to ensure that people are protected from discrimination.

Reduce stigma by using inclusive and accessible language terms such as:

Treat everyone with dignity and respect and let's keep talking about mental health and wellbeing to support those around us.

- "people who have COVID-19"

- "people who are being treated for COVID-19" or

- "people who are recovering from COVID-19"

Terms that should not be used include:

- "COVID-19 cases"

- "victims"

- "COVID-19 families" or

- "the diseased"

Unfortunately, we are aware that some people have committed hate crimes linked to the COVID-19 outbreak. Any such crimes should be reported to **Police Scotland** and will be taken very seriously.

Be prepared

Ready Scotland is the official channel of the Scottish Government's Resilience Division. It provides COVID-19 specific advice on finding extra support, and the help available for community groups. You can also find information on helping in your community and the best ways to shop responsibly.