

Resources for support

Mental health and wellbeing during Covid-19 outbreak

MENTAL HEALTH HELPLINES & TELEPHONE SUPPORT

C&I Crisis Line: 020 3317 6333

Samaritans offers free, confidential support 24 hours a day on 116 123

Saneline offers out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. Opening hours: 4.30pm to 10.30pm. Call on **0300 304 7000**.

The Listening Place offers face-to-face support for those who feel life is not worth living. Telephone: **020 3906 7676**

Free online therapy service across UK

Help Hub - website under construction. Aims to be up and running by 23 March pm
<https://www.thehelpub.co.uk/>

<https://www.theguardian.com/world/2020/mar/18/coronavirus-online-therapy-service-to-offer-free-sessions-across-uk-self-isolating>

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

We are Islington - a new helpline, set up to support those who need any help. If you, or someone you know, need support then please get in touch.
Call us on: 020 7527 8222 (updated number) (daily 9am-5pm)
Email us at: weareislington@islington.gov.uk

If you are a business, or an individual, that would like to join our network of volunteers, please contact [Voluntary Action Islington](#) for more information. We are especially keen to hear from people who can help collect and deliver food and medicine or befriend a lonely resident over the phone. You will be given advice and support to keep you safe.

Shout. 24/7 text service

<https://www.giveusashout.org/get-help/>

Text Shout to 85258 if you experience a personal crisis, are unable to cope and need support. A crisis volunteer will get back to you to offer help with issues such as: suicidal thoughts, abuse or assault, self-harm, bullying, relationship challenges.

WEBSITES AND APPS

Mind UK: Coronavirus and wellbeing

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

Mental Health Foundation

Looking after your mental health during coronavirus outbreak

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Public Health England: Guidance on social distancing and protecting older people and vulnerable adults

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

BBC: How to protect your mental health

<https://www.bbc.co.uk/news/health-51873799>

Seven tips to manage your mental health and wellbeing during the COVID-19 outbreak

<https://www.nature.com/articles/d41586-020-00933-5>

FREE NHS approved wellbeing online service:

<https://www.good-thinking.uk/>

FREE My possible self app

<https://www.good-thinking.uk/resources/my-possible-self/>

FREE MyCognitionPro app

<https://www.good-thinking.uk/resources/mycognition/>

NHS apps library – most apps are free

<https://www.nhs.uk/apps-library/>

STAY AT HOME ACTIVITIES IDEAS

'Pause, reflect and stay home': how to look after yourself and others in self-isolation

https://www.theguardian.com/world/2020/mar/17/pause-reflect-and-stay-home-how-to-look-after-yourself-and-others-in-self-isolation?CMP=Share_iOSApp_Other

How to survive isolation with your roommates, your partner, your kids and yourself:

<https://www.theguardian.com/lifeandstyle/2020/mar/17/self-isolation-survival-guide-relationships-coronavirus>

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World Digital Library <https://www.wdl.org/en/topic/>

Audible has made many childrens' audiobooks & literary classics available to listen free https://stories.audible.com/discovery/enterprise-discovery-21122355011?ref=adbl_ent_anon_ds_ds_dccs_sbtp-0-2

Chatterpack - free, online, boredom-busting resources
<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

ONLINE COURSES

FutureLearn – some of them are free

<https://www.futurelearn.com/search?q=wellbeing>

Online Recovery College

<https://lms.recoverycollegeonline.co.uk/course/index.php>

NEW Free Recovery College online course - Coping During the Pandemic

This course has been developed for everyone in response to the recent global pandemic. There is information about how to avoid catching/spreading the virus, what immediate feelings you may have and common reactions, managing your mental health at this time, managing isolation and social distancing, self-care, supporting children and young people and some accessible information.

The course is free to access for everyone.

You can find the link on our homepage: <https://www.recoverycollegeonline.co.uk/> It will be continually updated with the latest information and advice.

<https://www.recoverycollegeonline.co.uk/your-mental-health/coronavirus/>

FREE MINDFULNESS

Online Mindfulness course

<https://www.good-thinking.uk/resources/be-mindful/>

Meditation and mindfulness app

<https://www.headspace.com/code>

Free resources available on their website and app. Due to the covid-19 situation, there is a now a free section in the app/website called **Weathering the storm** that includes meditation, sleep, and movement exercises, which can be found in the Explore section.

<https://palousemindfulness.com/>

Online Sessions & Podcasts - Oxford Mindfulness Centre

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<https://oxfordmindfulness.org/online-sessions-podcasts/>

Mindful poetry

<https://medschool.ucsd.edu/som/fmph/research/mindfulness/mindfulness-resources/Pages/Mindful-Poetry.aspx>

<https://mrsmindfulness.com/mindfulness-poetry/>

SELF-COMPASSION

Self-compassion exercise and guided practices

<https://self-compassion.org/category/exercises/>

Centre for Mental Health Compassion

<https://centerformsc.org/self-compassion-and-covid-19/>

RELAXATION

<https://www.mstrust.org.uk/a-z/relaxation>

SLEEP

FREE Sleepio is an online sleep improvement programme

https://www.sleepio.com/work/nhs/?utm_source=NHSApplib#/welcome?_k=pjfr5a

SELF-CARE

<https://cmbm.org/self-care/>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/self-care/>

8 Ways to help yourself and others

https://happiful.com/coronavirus-ways-to-help/?utm_source=newsletter&utm_medium=email&utm_campaign=week_20_11

45 simple self-care practices for a healthy mind, body and soul

<https://tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/>

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YOGA

Free online yoga with Adriene

<https://yogawithadriene.com/home-30-days-of-yoga/>

<https://www.youtube.com/user/yogawithadriene>

MUTUAL AID - support for local residents (they offer telephone calls, picking up prescriptions, dog walking, shopping to people who are self-isolating and online support-volunteering)

<https://freedomnews.org.uk/covid-19-uk-mutual-aid-groups-a-list/?fbclid=IwAR2KzDkYkOOCgWsTZV37hrmtBRC6dXRKWatnKcBcNVaU0Wu1Jf8ChEkUbgA>

Islington COVID 19 Mutual Aid Facebook page

<https://feedback.facebook.com/groups/926599381108201/>

Camden COVID 19 Mutual Aid Facebook page

Visit www.facebook.com/groups/199172994722225/

Hampstead and Kilburn Covid-19 Community

Relief: <https://m.facebook.com/covidcommunityrelief/>

Ravenshaw, Broomsleigh, Dornfell, Glastonbury Streets

NW6: <https://chat.whatsapp.com/JXXFxfQy1Qd4lnNVj9m2iC>

NW5: https://m.facebook.com/groups/2544901795734563?_rdr

West Hampstead NW6 Community Help COVID

19: <https://chat.whatsapp.com/HKY72JFTxVGAeB0Rkag6kY>

Building resilience during Coronavirus

<https://www.rickhanson.net/being-resilient-during-coronavirus/>

Understanding Social Distance

<https://hms.harvard.edu/news/social-distance-learning>

Greater Good Magazine

Find stories, tips, and tools for a happier life and a more compassionate society through articles, videos, quizzes, and podcasts.

<https://greatergood.berkeley.edu/about>

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