



Coventry Mental Health Service Information

for all providers and members of the
public during the COVID-19 outbreak

Coronavirus (COVID-19) has been identified as a pandemic by the World Health Organisation. We are all taking measures to protect ourselves and others, and as we continue to follow Public Health England (PHE) and central Government advice (www.gov.uk/coronavirus) in these unprecedented times, we also need to remember to protect our mental health alongside our physical health.

In this document, you will find tips and advice on coping during this uncertain time, and the mental health and wellbeing support available to you in Coventry.

What mental health and wellbeing support is available for me during this time?

The Mental Health Foundation has some helpful tips and ideas about coping with the outbreak and isolating:
www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak

The government has some helpful advice for looking after your mental wellbeing during social distancing:
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#how-do-you-look-after-your-mental-wellbeing

For advice on supporting children and young people:
www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak

There is advice about how to look after your mental wellbeing while staying at home from **Every Mind Matters**, including practical information that may be relevant to your situation:
www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/

If you need immediate support:

For Samaritans call 116 123

For urgent medical needs call your GP, or NHS 111.

If you are in a life threatening situation call 999.

There are a number of local support services available 24/7 during this time. These are available to anyone living in Coventry:

Mental Health Helpline and webchat - confidential, and freely available 24/7. Anyone can access a team of trained and experienced support workers by calling **0800 616 171** or via the **Time Online webchat** (www.mhm.org.uk/coventry-warwickshire-helpline) If you're not able to get through first time, then please keep trying.

Reading Well (Books on Prescription)

www.coventry.gov.uk/booksonprescription

Reading Well can help you manage your health and wellbeing by providing helpful self-help books, eBooks and CDs. You can download e-books onto your device at www.coventry.gov.uk/downloads/download/4040/reading_well_for_health_and_well-being_book_lists

If you want to talk to someone, these services are available in Coventry at certain times:

Mind Wellbeing for Coventry

In order to help you cope during this period, the Coventry and Warwickshire Mind Wellbeing Hubs will be offering telephone support to anyone who feels they are in need of contact. All telephone support will be offered between the usual hours of 1pm-5pm every day and the team can even book you in for a call if needed. Call **024 7622 4417**.

Coventry Safe Haven - providing support for people (18+) who are feeling distressed and overwhelmed in the evenings, Monday-Sunday (6pm-11pm):

Phone 07921 876 065. Email coventryhaven.mhm@nhs.net

Employee Assistance Programmes (EAP) - any organisations now have Employee Assistance Programmes (EAP) that offer mental health and wellbeing support. Find out if your organisation has an EAP that you can access.

IAPT - IAPT services are available for people experiencing mild to severe anxiety and depression. They can provide advice, information and therapy. Please note this service involves an initial assessment which then determines the support you will be offered.

Call 024 7667 1090 to self-refer.

Support for young people

ChatHealth

ChatHealth is a confidential text messaging service that enables children and young people (aged 11-18) to contact their local public health nursing (school nursing) team and health visiting. This service is provided by Coventry Family Health and Lifestyles Service:
Parent text **07507 329114**
Young People text **07507 331949**

Rise

Rise provides emotional wellbeing and mental health services for children and young people
cwrise.com/

Further information and details of local services can be found on our webpage
www.coventry.gov.uk/mentalhealth

There are several apps that can provide support with your mental health and wellbeing:

Stay Alive - an app for those at risk of suicide and those worried about someone. It is packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide:
www.prevent-suicide.org.uk/find-help-now/stay-alive-app/

Find more apps on the NHS Library www.nhs.uk/apps-library/category/mental-health/

Other online resources:

Every Mind Matters - There is advice about how to look after your mental wellbeing while staying at home from Every Mind Matters, including practical information that may be relevant to your situation: **www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/**

NHS Choices - Your complete guide to conditions, symptoms and treatments, including what to do and when to get help **www.nhs.uk/**

You can visit the following websites for more information and support about mental health and wellbeing:

Young Minds
youngminds.org.uk/

Mind
www.mind.org.uk/

Rethink Mental Illness
www.rethink.org/

Remember the five ways to wellbeing:

Connect



Maintaining healthy relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family while you are at home – by phone, messaging, video calls or online – whether it's people you usually see often or reconnecting with old friends or neighbours.

We are all going through this together so even when we're not face-to-face, continue to keep in contact and look out for each other.

Visit www.coventry.gov.uk/coronaviruscommunity

Keep learning



Create a new daily routine that prioritises looking after yourself. You could try reading more or watching movies, having an exercise routine, trying new relaxation techniques, or finding new knowledge on the internet. Try and rest and view this as a new if unusual experience that might have its benefits.

Give ideas for passing the time when you're social distancing: share your favourite books, recipe ideas or make playlists for each other. Whatever you enjoy doing in your spare time, share it with each other.

Remember that you can access digital reading material online for free from Coventry Libraries. If you normally enjoy newspapers and magazines but are not able to visit shops, you can also access newspapers and magazines online for free via Press Reader.

You could also have a look at online courses, such as those available from the Open University www.open.edu/openlearn/free-courses and Future Learn www.futurelearn.com/

Be active



Keeping up with your physical health is also important for your mental health:

- **NHS Choices** provides ideas with video links:
www.nhs.uk/live-well/exercise/
- **Change4Life** - 10-minute shake up games to try out with kids:
www.nhs.uk/10-minute-shake-up/shake-ups
- **Sport England's** - Join the Movement #stayinworkout:
www.sportengland.org/stayinworkout
- Try out online yoga videos tailored to help with anxiety and tips on mindfulness:
www.youtube.com/user/yogawithadriene
- If you're home with kids, there are yoga videos for them as well:
www.youtube.com/user/CosmicKidsYoga

This is provided as information only. If you have a medical condition, you should continue to follow advice given by your health practitioner/GP.

Give



Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you. Think what activities you can do at home that might benefit others.

Voluntary Action Coventry has set up a volunteering programme for those that can help at this time:
www.vacoventry.org.uk/news/volunteering-help-people-affected-coronavirus

Remember to follow Government guidance (www.gov.uk/coronavirus) and if you must leave the house, maintain social distancing measures (e.g. keep a 2-metre distance between you).

Take notice



Take notice of nature. Bringing nature into your everyday life can benefit both your mental and physical wellbeing. It can improve your mood, reduce feelings of stress or anger, and make you feel more relaxed. You could try the following:

- Spend time in your garden if you have one
- Spend time with the windows open to let in fresh air

Take notice of yourself. There are lots of ways that you can relax. Take notice of the present moment and use your creative side.

Other services in Coventry:

For anyone in the city who may be a victim of domestic abuse and violence, #coronavirus can bring frightening and lonely times. The **Safe to Talk** helpline is available Monday to Friday, 8.30am-5.30pm and Saturday to Sunday, 10am-1pm. For support: **0800 1114998** @coventry_haven, @CRASAC, @FWTCov, @Kairos_WWT and @CovPartnership

Hollie Guard - a personal safety app - hollieguard.com/

For support with any issues relating to your health and wellbeing as a migrant or refugee in the city:

www.covrefugee.org/coventry-app-is-here

Updates on service provision can be found here:

www.covrefugee.org/coventry-app-is-herehttps://www.covrefugee.org/covid-19-update

New parents can find support groups - parents in mind run by the **National Childbirth Trust**. Contact Sarah on **07885 975261** or via email on parentsinmind.wc@nct.org.uk and **ByYourSide**: www.facebook.com/ByYourSidePerinatal/