
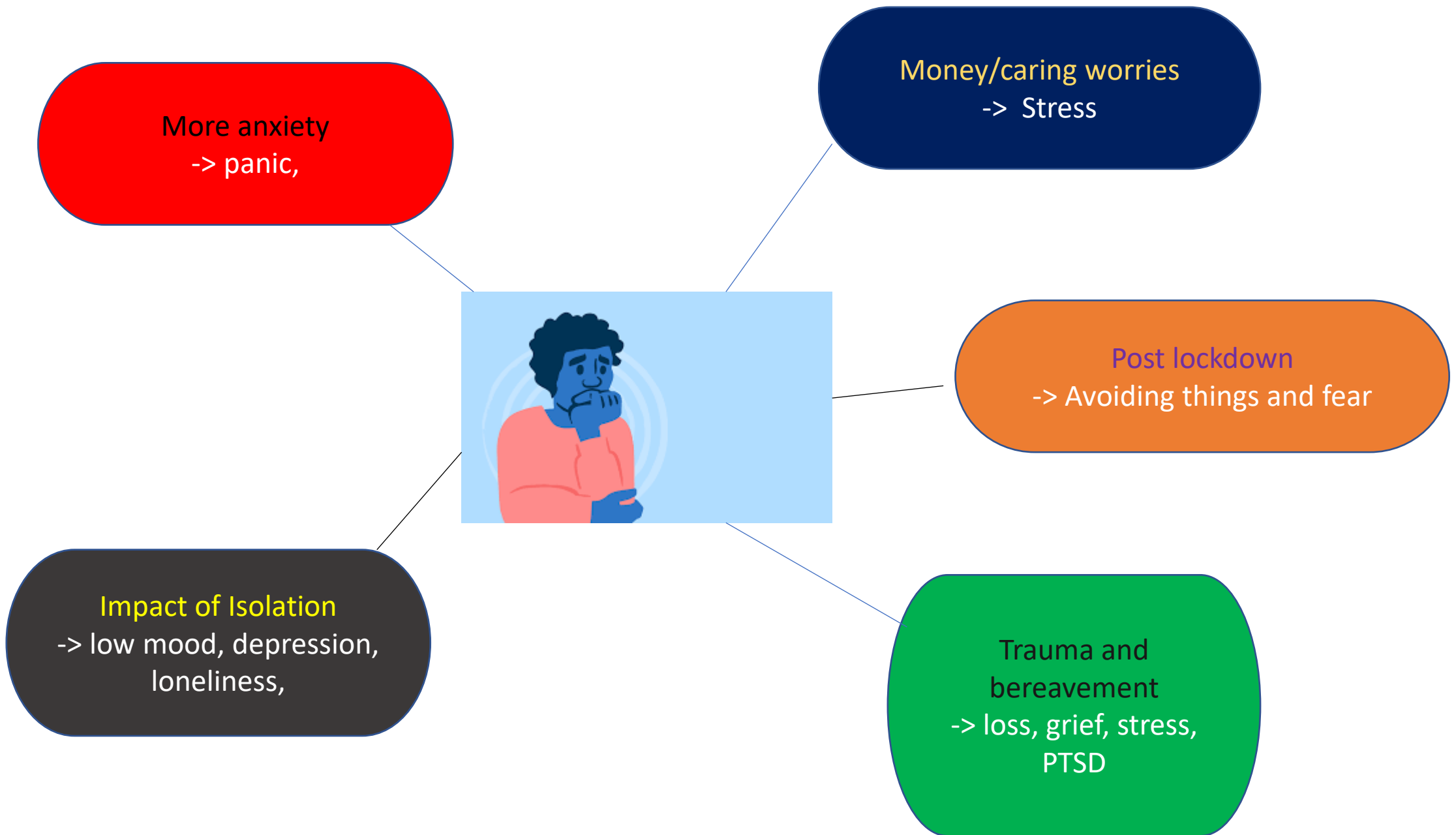


Mental Health  
and Wellbeing  
in the time of Covid  
8.7.20

In what ways  
can the  
coronavirus  
pandemic  
affect our  
mental health  
and wellbeing

- Anxiety around Coronavirus is a normal reaction to an abnormal situation
  - Around 80% of all people have suffered anxiety
  - Some groups of people more likely to be affected – young (especially if live alone and low income), people who already have mental health difficulties
  - Some people have had positive experience of lock down
- 



# When to get help

- You are worrying more than usual
- You are finding it hard to enjoy your life
- You have thoughts and feelings that are difficult to cope with or impact on your day to day life
- You are not getting better within 2 weeks
- You have thoughts of harming yourself
- You are interested to find more support or treatment



# Where to get help

- Lot of online resources eg Good thinking, Mind,
- For children and young people: Apps - Kooth, SHOUT (text)
- GP practices are open – and you can access them in a variety of ways – phone, video, online, face to face
- Local NHS Mental Health helpline 0300 1234 244
- IAPT – Talking therapy. Can self refer.
- Hounslow Wellbeing Network [www.wellbeing-network.org](http://www.wellbeing-network.org)
- Early Help at council for children
- Domestic Violence 0808 2000 247

Concerned about coronavirus? [Get advice and how to guides](#)



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## Tools to help your mental health

### Anxious

If you're feeling anxious, take our quiz to find NHS-approved resources to support you.

[Reduce your anxiety](#)

### Sleep problems

Having trouble sleeping? Answer three quick questions to access tools to improve your sleep.

[Get better sleep](#)

### Stressed

Stressed? Exhausted? Not sure where to turn? Our quiz will guide you to useful apps and other tools.

[Lower your stress](#)

### Low mood

If you're finding things difficult right now, take our quiz to access NHS-approved resources.

[Boost your mood](#)

[What is Good Thinking?](#)

# 5 Ways to Wellbeing

## CONNECT...

With others: your family, your friends, your community.

## BE ACTIVE...

Exercise. Dance. Play. Move your mood.

## TAKE NOTICE...

Be curious. Be aware of what is going on around you.

## KEEP LEARNING...

Try something new. Sign up for that course.

## GIVE...

Your time. Your presence. Your appreciation.