

Mental wellbeing

Whilst we are living with the constant threat of Covid-19, it is natural to focus on our own and our loved one's physical health. This of course, is vital, but it is also important to take care of our mental health.

The current circumstances are in place to keep us as safe as possible. They do, however, have the potential to create or aggravate mental health issues.

If you are finding life difficult to cope with or struggling with your mental health please contact your GP surgery.

Helping your mental wellbeing

Here are 7 suggestions to help you improve your mental wellbeing.

1. Stay connected with friends and family over the phone or video call.
2. Use reputable news outlets such as the World Health Organisation or BBC news.
3. Focus on 'the moment' take each day as it comes.
4. Keep active and get outside once a day. If you are isolated, try to sit outside in your garden or exercise at home.
5. Help your mind to keep working. Perhaps learn a new skill or focus on some thing you love doing.
6. Think about what small acts of kindness you can give – maybe to a friend or volunteer for the community help hub.
7. Look out for your neighbours, how are they coping?

Gloucestershire additional information and support

For Gloucestershire County Council's suggestions for wellbeing visit www.gloucestershire.gov.uk/covid-19-information-and-advice/vice-on-covid-19/looking-after-your-wellbeing/

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Talking Therapy: let's talk Call **0800 073 2200** or visit www.letstalkglos.nhs.uk

Gloucestershire's Rethink Self Harm Helpline
Call **0808 801 0606** or email glosselfharm@rethink.org

Swindon and Gloucestershire Mind www.sgmind.org.uk/

Support for older people with Gloucestershire Age UK
www.ageuk.org.uk/gloucestershire/our-services/coronavirus-covid-19-and-older-people/

Cancer support
www.maggies.org/our-centres/maggies-cheltenham
www.charlies.org.uk

Healthy lifestyles support www.hlsglos.org
Support for the armed forces www.ssafa.org.uk/gloucestershire

National additional information and support

The NHS's guide to looking after your mental health
www.nhs.uk/oneyou/every-mind-matters

Coronavirus and your wellbeing
www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing

The Samaritans call **116 123** or visit www.samaritans.org

Teens in crisis www.ticplus.org.uk

Suicide support
www.sunflowerssuicidesupport.org.uk
www.harmless.org.uk/

Online classes for families www.myhouserocks.co.uk

