

Help and support with mental health and well-being during the coronavirus outbreak

We understand this may be a worrying time, particularly if you are in vulnerable groups who have been asked to self-isolate and limit your contact.

At times like these simple things you can do to stay mentally and physically active during this period:

- Look for ideas of exercise to do at home on the NHS website
- Spend times doing things you enjoy- reading, cooking and other indoor hobbies
- Try to eat healthy, well balanced meal, drink enough water, exercise regularly and try to avoid smoking and alcohol
- Get out into the garden if you can, keeping a distance of at least 2 metres from others in public.

You can find additional advice and support from:

Every Mind Matters: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

NHS mental health and wellbeing website:
<https://www.nhs.uk/conditions/stress-anxiety-depression/>.

Public Health England CV19 mental health and well-being:
<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

Easy read guide about looking after mental and physical health:
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876996/Easy_read_looking_after_your_feelings_and_body.pdf

You can find more information about national and local support on the LPT website:
www.leicspart.nhs.uk – search for Support for your emotional wellbeing

However, if you need to talk to someone then there are a range of local and national support lines you can contact:

Adults and older people

For mental health information, advice and support contact:

Life Links - Leicester City, Oadby, Wigston & Blaby
Monday to Friday, 9am – 5pm
Freephone 0800 0234575
Website: <https://www.rflifelinks.co.uk/>



Mental Health Matters - Charnwood, North West Leicestershire, Hinckley & Melton and Rutland County

7 days a week, 9am – 9pm

Freephone 0300 3230 189

Website: <https://www.mhm.org.uk/leicestershire-and-rutland-mental-health-wellbeing-and-recovery-service>

Voluntary Action South Leicestershire - Harborough

Monday to Thursday, 9am – 5pm

Fridays, 9am – 4.30pm

Tel. 01858 411383

Website <https://vasl.org.uk/services/my-mind-matters/>

Age UK Leicestershire

Monday to Friday, 9am – 5pm (they are trying to increase these hours currently)

Tel. 0116 299 2239

Age UK are running a helpline for those over the age of 70 which offers advice and information for those most at risk.

Anxiety UK

Helpline: 03444 775 774

Text service: 07537 416 905

Website: <https://www.anxietyuk.org.uk/>

Relieves and supports those living with anxiety and anxiety-based depression by providing information, support and understanding.

Lets Talk-Wellbeing (IAPT talking therapies)

If you are having difficulties such as feeling low, anxious or stressed, then you may benefit from some short term talking therapy. To self-refer see links below:

Leicestershire: <https://www.nottinghamshirehealthcare.nhs.uk/leicestershire-county-and-rutland-service>

Leicester: <https://www.nottinghamshirehealthcare.nhs.uk/leicestercity>

The Hope Project (domestic violence support)

A Leicester, Leicestershire and Rutland multi-agency service supporting domestic violence and abuse survivors with complex need. To access outreach support call the helpline on: 0330 00 210 10

If you feel in a crisis you can contact:

Samaritans

Whatever you're going through contact the Samaritans:

Free any time, from any phone. Open 24 hours a day, 365 days a year.

116 123

jo@samaritans.org – Replies via email may take longer than a phone call.

Website: www.samaritans.org

Turning Point

Confidential, mental health support.

Free crisis helpline open 24 hours a day, 365 days a year

0808 800 3302

leicestershire-helpline@turning-point.co.uk

Replies via email may take longer than a phone call.

Website: www.turning-point.co.uk



Text **SHOUT** to **85258** a free texting service in the UK, offering 24/7 confidential support. You will be referred to a trained CRISIS volunteer who can provide support but not medical advice. To end the conversation at any time text STOP and you won't receive further texts.

Other local and national support services are also listed on the start a conversation website <https://www.startaconversation.co.uk/advice-and-support>

Children and young people

You can access support especially for children and young people experiencing emotional difficulties.

- **Health for Kids**
<https://www.healthforkids.co.uk/>
- **Health for Teens**
<https://www.healthforteens.co.uk>
- **Kooth**
<https://www.kooth.com>



Free, safe and anonymous online support for young people

Chat Health

Secure and confidential text messaging service for information and advice from a public health nurse.

Parentline

Leicester 07520 615 381 / Leicestershire and Rutland 07520 615 382

Monday to Friday between 9am and 5pm (excluding bank holidays).

You'll receive an automated message back to confirm that we have received your text, and then you'll receive a text response within 24 hours.

Secondary school kids

Leicester 07520 615 386 / Leicestershire and Rutland 07520 615 387

You will get a reply within 24 hours from an NHS School Nurse between 9:00am to 5:00pm, Monday to Friday (except bank holidays).

THIS SERVICE IS CONTINUING DURING SCHOOL CLOSURES: This service is provided by the Leicester, Leicestershire and Rutland school nursing service for young people aged 11-19.

Mum's Mind

07507 330 026

Monday to Friday, 9am – 4.30pm

A text messaging service providing expert advice and information for anyone, to support mothers across Leicester, Leicestershire and Rutland who struggle with mental health issues during pregnancy and baby's first year.