

# Self-care and additional support

Information for those who are self-isolating or shielding due to coronavirus (Covid-19)



Further guidance about self-isolating can be found at:  
[www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/](http://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/)

It may become necessary for you to self-isolate or practice social shielding in relation to coronavirus (Covid-19). Any changes to your routine can affect your health and wellbeing. We understand this may be a worrying time, particularly if you are in one of the vulnerable groups. At times like these there are some simple things you can do to stay mentally and physically active during this period. You may find the following tips useful.

### **Eat well and stay hydrated**

You may notice a change in your appetite, especially if you are less active than usual. Try to eat a healthy, well balanced meals. Eating regularly will stabilise blood sugar, which can help your mood and energy levels.

Drinking water regularly is essential to physical and mental health. Changes in your routine may affect how often you drink. Using an app or setting an alarm may be useful to remind you to drink regularly. You need to drink at least 1.2 litres every day (that's about 8 mugs or 6 glasses).

### **Take care of your environment**

Keeping your environment clean and tidy is important to prevent the spread of germs.

Wash your hands for 20 seconds using soap and water or use a hand sanitiser when entering your home.

Use bleach and disinfectant to regularly clean frequently touched surfaces such as door handles, handrails, remote controls and table tops. Reducing clutter may also help to calm your mind.

Further information on preventing the spread of germs in your home can be found on the Gov.UK website: search for stay at home guidance for households.

### **Keep busy**

Fill your time doing things you enjoy - reading, cooking and other indoor hobbies. Try a variety of activities to keep occupied and to avoid boredom.

If you feel well enough to do so, structure your day with cooking, reading, listening to music, online learning or taking part in light exercise within your home or garden. Try to exercise regularly and try to avoid smoking and alcohol

A variety of free online courses are available at:

<https://www.futurelearn.com/>.

The NHS website ([www.nhs.uk](http://www.nhs.uk)) has exercises you can do at home.

### **Connect with others**

Prolonged isolation can become frustrating and lonely. Connecting with others is important to looking after your mental health.

Communicate regularly with family and friends via telephone, email or social media. Supporting others and sharing your concerns can also help ease anxiety.

### **Being mindful of others**

It may help to remind yourself of the importance of self-isolation and social shielding. Whilst the symptoms experienced by yourself and your family may be mild, coronavirus can seriously affect others, especially those in vulnerable groups.

By isolating yourself, you are helping to prevent the spread of the virus.

## Additional advice and support for your mental health and wellbeing during the coronavirus outbreak

**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](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](http://www.leicspart.nhs.uk) – search for: support for your emotional wellbeing

**Need to talk? If you feel you need to talk to someone then there are a range of local and national support lines you can contact:**

### Adults and older people - mental health information, advice and support

**Life Links** - Leicester City, Oadby, Wigston and Blaby  
Freephone 0800 0234 575 (Mon to Fri, 9am – 5pm)  
Website: <https://www.rflifelinks.co.uk/>

**Mental Health Matters** - Charnwood, NW Leicestershire, Hinckley, Melton and Rutland  
Freephone 0300 3230 189 (7 days a week, 9am – 9pm)  
Website: <https://www.mhm.org.uk/leicestershire-and-rutland-mental-health-wellbeing-and-recovery-service>

**Voluntary Action South Leicestershire** - Harborough  
Tel: 01858 411 383 (Mon to Thurs, 9am – 5pm, Fri, 9am – 4.30pm)  
Website <https://vasl.org.uk/services/my-mind-matters/>

**Age UK Leicestershire** - Age UK are running a helpline for those over the age of 70 which offers advice and information for those most at risk.  
Tel: 0116 299 2239 (Mon to Fri, 9am – 5pm [they are trying to increase these hours currently])

**Anxiety UK** - Relieves and supports those living with anxiety and anxiety-based depression by providing information, support and understanding.  
Helpline: 03444 775 774 (Mon to Fri 9.30am - 5.30pm) Text service: 07537 416 905  
Email: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk) Website: <https://www.anxietyuk.org.uk/>

**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 and Rutland:  
<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 those experiencing or at risk of domestic violence who have a housing requirement and additional needs.  
Tel: 0800 055 6519 or 0330 002 1010 Email: [hopeproject@wallaction.cjism.net](mailto:hopeproject@wallaction.cjism.net)

**Mum's Mind** - 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.  
Tel: 07507 330 026 (Mon to Fri, 9am – 4.30pm)

## If you feel you are in a crisis:

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**Central Access Point** - If you are in need of urgent NHS mental health support

Tel: 0116 295 3060 open 7 days a week, 24 hours a day

If you are deaf and have urgent mental health needs, you can use the NHS 111 British Sign Language service available here: <https://interpreternow.co.uk/nhs111>

**Samaritans** - Whatever you're going through contact the Samaritans.

Freephone: 116 123 free any time, from any phone. Open 24 hours a day, 365 days a year

Email: [jo@samaritans.org](mailto:jo@samaritans.org) – replies via email may take longer than a phone call.

Website: [www.samaritans.org](http://www.samaritans.org)

**Turning Point** - Confidential, mental health support

Tel: 0808 800 3302 free crisis line open 24 hours a day, 365 days a year

Email: [leicestershire-helpline@turning-point.co.uk](mailto:leicestershire-helpline@turning-point.co.uk) Website: [www.turning-point.co.uk](http://www.turning-point.co.uk)  
replies via email may take longer than a phone call.

**SHOUT** - 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. Text SHOUT to 85258

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

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You can access free, safe and anonymous online 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>

**Chat Health** - secure and confidential text messaging service for information and advice from a public health nurse. <https://chathealth.nhs.uk/>

**Parentline** - 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. Mon to Fri 9am - 5pm (excluding bank holidays)

Leicester Tel: 07520 615 381

Leicestershire and Rutland Tel: 07520 615 382

**Secondary school kids** - you will get a reply from an NHS school nurse within 24 hours (Mon to Fri, 9am - 5pm excluding bank holidays). **This service is continuing during school closures.**

Leicester Tel: 07520 615 386

Leicestershire and Rutland Tel: 07520 615 387

If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.