

# Mental Health:

## How to get support during the lockdown

Last week we asked Central West London residents, [“how is the Covid-19 outbreak affecting you?”](#)

A quarter of the people (25%) who responded to our survey felt that their mental health was being negatively impacted by the outbreak of Covid-19, and the national lockdown that aims to limit the spread of the virus.

This bulletin is an overview of the mental health help and support available to you during the lockdown, but more detailed information is regularly updated on our [Covid-19 Support and Guidance page](#)

## Managing mental health during lockdown

The [available government guidance on managing your mental health during the Covid-19 lockdown](#) is very comprehensive, and includes:

1. **Self-care suggestions**, such as [establishing good sleeping patterns](#), [looking after your physical health](#), [limiting your time spent looking at the news](#), and [talking to others](#) when you are feeling upset or anxious.

[CNWL](#) also have a great [“stay well at home isolation pack”](#) with similar guidance.



2. **Practical advice**, such as planning your shopping trips or asking a neighbour to help with shopping if you will be self isolating; accessing your medication; and [seeking financial advice](#).
3. **Finding advice for specific mental health conditions** (we have shared many of these in the following section, but you can also go straight to an [NHS index here](#)).
4. **Who to call in a crisis:** [Mind](#) have guidance on how to plan for a crisis, [NHS 111](#) can be reached for a non-urgent query, you can contact [Single Point of Access](#) if you feel you are in a crisis and [999 should be called in the case of a mental health emergency](#).

The [NHS Mind Plan](#) quiz can give you an idea of the type of support you need.

## Finding mental health support when you work in the NHS

NHS staff are at high risk of mental ill health during the Covid-19 crisis.

From Friday 10th April, the NHS will have a [dedicated mental health support hotline for staff](#).

The meditation and mindfulness app [Headspace](#) is offering free use for NHS staff, as is [Unmind](#). [Frontline Distress](#) has set up its counselling service specifically for NHS staff working on the Covid-19 outbreak.



## Finding help when you have an existing condition



Many people have been living with specific conditions for a long time, which might be made more difficult by the Covid-19 outbreak

Calling for mental health support when you are experiencing:

### Anxiety and OCD:

[Anxiety UK](#) can be reached on 03444 775 774 (9.30am-10pm) and [No Panic](#) are on 0844 967 4848 (10am-10pm, charges apply).

### Addiction:

[Alcoholics Anonymous](#) runs a 24-hour helpline on 0800 917 7650, [Narcotics Anonymous](#) runs from 10am-midnight on 0300 999 1212, and the [National Gambling Helpline](#) runs from 8am-midnight on 0808 8020 133.

### Bipolar:

[Bipolar UK](#) offer a number of online-based peer support services.

### Dementia:

[Alzheimer's Society](#)'s Dementia Support Line number is 0333 150 3456 and their [Dementia Talking Point](#) forum is a useful resource for internet users.

### Depression and social isolation:

[CALM](#) has a phone line for men aged 18-35 on 0800 58 58 58 (5pm-midnight). Older people who are at risk of loneliness and isolation can call [Age UK's Befriending Service](#) for support. [Samaritans](#) run a free 24-hour helpline on 116 123.

### Eating disorders:

[Beat](#) have a phone line for adults and for (0808 801 0677) and for under-18s (0808 801 0711).

There is a more comprehensive list available on the [NHS helplines page](#). The nature of the Covid-19 outbreak and the lockdown means that accessing mental health support is safest and most readily available over the phone.

## Finding mental health support when you have autism

Some of the responses we received were from people with autism, who said that the lockdown was affecting their mental health.

[SANE](#) is a good resource for talking about mental health concerns, although it is currently only available via email: [support@sane.org.uk](mailto:support@sane.org.uk).

The government advice is to only follow information you trust, such as the NHS or local authority website, rather than social media.



## Finding mental health support when you are a carer

[Rethink Mental Health](#) have produced [this guide for carers](#) looking after someone with a severe mental illness

The [Carers Network](#) website is an excellent resource for information, guidance and support.

[Mencap](#) has a helpline: 0808 808 1111 (9am-5pm).

[Age UK](#) also have a help page for carers looking after a loved one.



## Finding mental health support when you have lost someone you love



Experiencing the loss of a loved one is painful, and for those who find support in friends and family members, bereavement is made worse in self isolation.

[Cruse Bereavement Care's helpline](#) is open as usual on 0808 808 1677, so please do give them a call if you need someone to talk to.

## Finding mental health support when you are a young person

This is a tough time for young people, but [Young Minds](#) continues to be a wonderful resource for mental health support and guidance. [Emerging Minds](#) have an informative document for young people worried about Covid-19, and [Kooth](#) offer [discussion boards](#) and 1:1 counselling for through their [chat service](#).

Our own [Young Healthwatch](#) group is currently focusing on mental health, and one of our members, Rupert, has put together [a blog on mental health during this highly pressurised time](#).



## Did we miss something important? Tell us!



The feedback we receive from local residents helps to shape the information we share and the support we provide. Please do take a minute to answer the two questions about how you are feeling about the outbreak, or email us at [info@healthwatchcentralwestlondon.org](mailto:info@healthwatchcentralwestlondon.org).

We are still reachable by phone, and you can speak to any member of the Healthwatch CWL team on 020 8968 7049.

We are on Twitter ([@HealthwatchCWL](#)) and on Nextdoor (search: Healthwatch Central West London), where you can keep up with our latest news and updates. You can also join our Facebook discussion group to share your views and chat with others.