



Mental health and wellbeing advice, tools and support services

It's important that we take steps to look after our mental health during this time and there are lots of different things we can do to help:

The NHS's top 5 tips for maintaining mental wellbeing

- **Talk about your worries:** it is normal to feel worried, scared or helpless about the current situation. Maintain contact with friends and family via phone and video calls to share how you are feeling.
- **Keep a regular routine and set goals:** Try writing a plan for your day with the things you can still do at home, like watching a film, reading a book or completing a puzzle.
- **Manage your media and information intake:** if 24-hour news and constant social media updates are making you worried, try to limit the time you spend watching, reading, or listening to coverage of the outbreak to once or twice a day.
- **Do things you enjoy and try something new:** focusing on your favourite hobby, learning something new, or simply taking time to relax indoors. Look online for lots of free tutorials and courses.
- **Look after your body:** Try to eat healthy, well-balanced meals, drink enough water and exercise. You can leave your house, alone or with members of your household, for one form of exercise a day, but make you keep a safe 2-metre distance from others.

[Public Health England](#) has launched [Every Mind Matters](#) with a number of tailored Covid-19 self-care resources including expert advice and a [Mind Plan](#).

[Every Mind Matters'](#) mental health "10 top tips" are now available in Polish, Russian, Punjabi, Urdu, Bengali, Gujarati, Romanian, Roma and Somali. PHE has created social media assets to promote these.



National and pan-London charities and services providing support, advice and resources

- [Mind](#), has a range of Covid-19 specific resources covering stress, anxiety and panic attacks, loneliness and bereavement and grief.
- [Our Frontline](#) offers round-the-clock one-to-one support, by call or text, from trained volunteers, plus resources, tips and ideas to look after your mental health.
- [Good Thinking](#), London's digital mental wellbeing service has a comprehensive digital support offer for Londoners. Includes apps, advice and a self-assessment tool for anyone suffering with anxiety, stress, and low mood or having trouble sleeping.
- [ChildLine](#), (NSPCC) has advice, videos and games to support mental health. Phone the free helpline on [0800 1111](#)
- [YoungMinds](#), offers support for parents and professionals.
- [The Mix](#) offers services to young people including advice, resources, helpline and counselling.
- [Kooth](#), offers a safe and anonymous online counselling service for young people.
- [The Silver Line](#), a helpline offering confidential support for older people open year round.
- [Shout](#), a 24/7 crisis text line service serviced for anyone in crisis anytime, by a team of volunteers. Text **Shout** to 85258
- [Anxiety UK](#), a service for anyone diagnosed with anxiety.
- [The Mental Health Foundation](#) has free podcasts, videos, inspiring stories and information about getting help if you're struggling.
- [CALM](#), Campaign Against Living Miserably, a charity supporting men aged 15 to 35.
- [Men's Health Forum](#), 24/7 stress support for men by either text, chat or email.
- [The Samaritans](#), free confidential support for people experiencing feelings of distress or despair.
- [No Panic](#), support for those sufferers with panic attacks and/or obsessive compulsive disorder (OCD).
- [Bipolar UK](#), supports people living with manic depression or bipolar disorder.
- [SANE](#), provides support for anyone affected by mental illness including their families and carers.
- [Bereavement Services](#), to locate local council bereavement support in your area.



- [Cruse Bereavement Care](#), a charity supporting those dealing with bereavement and grief.
- [The Compassionate Friends](#), support for bereaved parents and families after the death of a child of any age.
- [The Zero Suicide Alliance](#) has free 20 minute suicide prevention course for anyone in contact with someone with suicidal thoughts.

In an emergency:

- Read the [official NHS guidance on Covid-19](#)
- Call [the Samaritans](#) on 116 123

Royal Borough of Kingston upon Thames Services

[Connected Kingston](#) has put together some resources and guides on how to cope with a loved one's death and where to go for more information and advice.

[Connected Kingston](#) also have a range of information residents may need on how to look after your mental health and is a great tool to use to find relevant services in your area.

[Kingston Bereavement Service](#) continues to offer counselling and support to children, young people and adults who live, work or study in Kingston.

[Kingston Adult Education](#) has launched a weekly Community Learning & Wellbeing newsletter detailing free online meditation, health and wellbeing courses. The workshops cover everything from mindfulness and meditation to managing stress and anxiety. Please note due to demand places are limited, so don't miss out! To receive weekly updates and enrolment details please email communitylearningkae@kingston.org.uk

[Mind in Kingston](#) are delivering most of our services by phone and/ or video. If you need support, advice or information, you can call Mind on 020 8255 3939.