

The Coronavirus (COVID-19) has impacted

on everyone's daily lives. Many of us will be feeling anxious, worried or down. You might be lonely, concerned about your finances, your health or relatives. It can be tricky to know where to turn for help. It is OK to feel like this. These are normal reactions to uncertainty and to challenging events.

There may be times when we need some extra support to deal with our situation. It's OK to ask for help. The services listed in this leaflet are here to help you. Please keep this leaflet.

Looking after your wellbeing



Wellbeing is about how we think, feel and behave. Below are some tips to help put into practice things that will support wellbeing:

- Connect with people who make you feel good – by phone, on-line or letter
- Share your worries – with people you trust – or if you are feeling isolated, there are helplines and online support forums
- Exercise everyday and try to go outside
- Keep to a routine and eat sensibly, drink plenty of water and keep taking any prescribed medication. Maintain a regular sleep pattern
- Keep your mind active and spend time each day doing activities you enjoy
- Help others. Often the small things make the biggest difference

Getting help - Adults

Telephone helplines:

- **Mindline Somerset** - 01823 276 892
Emotional support, information and guidance. Open 24/7. For all ages
- CALM Helpline for men - 0800 58 58 58
5pm – Midnight
- Samaritans - 116 123 Whatever your problems. Open 24/7
- Age UK Somerset - Friendly phone calls service - 01823 345 610 (Mon-Fri 9-4pm)



Specialist services:

- Bereavement Support - 0800 3047 412
Mon-Sat 9-5pm
- Somerset Drug and Alcohol Service - 0300 303 8788 - Open 24/7
www.turning-point.co.uk/sdas
- Somerset Suicide Bereavement Support Service - 0300 330 5463 – Open 24/7
- Somerset Domestic Abuse Service - 0800 69 49 999
- Somerset and Avon Rape and Sexual Abuse Support - 0808 801 0456/64



Getting help - children, young people and families

- **Mindline Somerset** - 01823 276 892
Emotional support, information and guidance - Open 24/7. For young people and adults.
- Young Somerset - open access youth work and wellbeing support for young people including virtual hubs for advice
www.youngsomerset.org.uk/
- Kooth - Online mental wellbeing community for young people over 11 years
www.kooth.com
- Chathealth - texting service for parents and young people with health visitors and school nurses. Monday-Friday 9-4pm.
 - Advice for 0-4 years Text 07490 635514
 - Advice 5-19 years Text 07480 635515
 - Young person (11-19) No name needed. Text 07480 635516
- Public Health children & young people website including Parent and Carer Toolkit
www.cypsomersethealth.org

Getting help - ALL

NHS Support - NHS 111 for NHS advice and referral for any health or mental health related issues 24/7.

Somerset NHS Foundation Trust

Mental Health Services - all ages

www.somersetft.nhs.uk/mental-health/



COVID-19

Somerset Coronavirus Helpline for information and practical support - 0300 790 6275

In Somerset www.somerset.gov.uk/

In the UK www.gov.uk/coronavirus

Spark Somerset - supporting volunteers and community groups to respond to COVID-19
01460 202970 www.sparksomerset.org.uk

Community Council for Somerset – works in the heart of Somerset’s communities to find practical based solutions - 01823 331222
<https://ccslovesomerset.org/>



Self-help Resources

Every Mind Matters – expert advice & practical tips
www.nhs.uk/oneyou/every-mind-matters/

Wellbeing and mental health – a guide to looking after yourself and others
www.healthysomerset.co.uk/happy/



Somerset Community Connect – health, care and wellbeing information and advice
www.somersetcommunityconnect.org.uk/

Recovery College – online courses in Somerset for mental health and recovery
<https://somersetwlc.co.uk/>

Money Worries

Work and money worries created by COVID-19 can have an effect on your mental health. Here are some local services that can talk through your concerns and offer practical support.

Citizens Advice Somerset -

03444 88 9623 Mon-Fri 10-4pm

<https://citizensadvice Somerset.org.uk/>



Each District Council deals with housing, benefits, welfare advice, Council tax, business advice and grants. All have special COVID 19 arrangements.

- Mendip www.mendip.gov.uk/
- Sedgemoor www.sedgemoor.gov.uk/
- Somerset West and Taunton www.somersetwestandtaunton.gov.uk/
- South Somerset www.southsomerset.gov.uk/

Dept of Work and Pensions - www.gov.uk/dwp

Growth Hub - Business support
www.heartofswgrowthhub.co.uk/



Safe and Warm Somerset – reducing energy bills
www.cse.org.uk/projects/view/1367

Wiser Money in West of the county -
www.wisermoney.org.uk/



Looking after your Mental Health

A simple guide to local services and support

