

MENTAL HEALTH SUPPORT

Coronavirus is affecting the way we live our lives and it's natural that this uncertainty and change is also affecting our mental wellbeing: it's more important than ever that we encourage each other to be socially connected. Talking about how we're feeling can help put things into perspective and helps us feel more positive about the future. Try to reach out to people to talk and try to be there to listen to others.

Here are some resources to help look after our mental health and find support – **Crisis support is at the bottom of the page:**

- **The Samaritans** have a webpage of useful tips and resources including Breathing Exercises if you're worried about your mental health during the coronavirus outbreak. They're updating this on an ongoing basis. www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/signs-you-may-be-struggling-cope/practical-ways-help-yourself-cope/
- **MIND Elefriends** is a supportive online community where you can be yourself. www.mind.org.uk/information-support/support-community-elfriends/
- **Telephone Befriending:** Many churches have set up Telephone Befriending: to find your nearest one see Your Neighbour www.yourneighbour.org or www.achurchnearyou.com
- **NHS Every Mind Matters:** www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/
- **NHS Mood self-assessment quiz and Mental Wellbeing audio guides are here:** www.nhs.uk/conditions/stress-anxiety-depression/
- **The National Autistic Society** series of useful resources for autistic people and their families is [here](#).
- **Bromley Mencap Helpline** supports disabled people and their families who may be feeling anxious and worried during these challenging times: Tel Mon -Fri 020 8466 0790 or Email support is available at enquiries@bromleymencap.org. Visit Bromley Mencap's website [here](#).
- **Daily Hope** offers music, prayers and reflections as well as full worship services from the Church of England at the end of a 24hr telephone line: 0800 804 8044

CRISIS SUPPORT: you are NEVER alone.

- **Kent and Medway Community Safe Havens:** one-to-one evening access to emotional support from trained mental health professionals for those feeling distressed, overwhelmed, or that things are too much, from 6pm-11pm: www.mhm.org.uk/kent-safe-havens
- **SHOUT helpline** is a 24/7 text service for anyone in crisis: text Shout to 85258 to start free texting conversation with a trained crisis counsellor
- **Kent and Medway Suicide Prevention Programme:** Text the word Kent or Medway to 85258 or phone [0800 107 0160](tel:08001070160) 24/7 to start a conversation with a highly trained and experienced volunteer. www.releasethepressure.uk

- **The Samaritans Volunteers are available to talk day or night, 365 days a year for free on 116 123**

SUICIDE PREVENTION TRAINING:

Maidstone and Mid-Kent MIND is offering Free Suicide Prevention Training with a virtual workshop training dates currently available: <https://www.maidstonemind.org/free-digital-suicide-prevention-training/>

- Tuesday 7th July 2020 | 1:30pm – 4pm
- Thursday 9th July 2020 | 1:30pm – 4pm
- Tuesday 14th July 2020 | 9:30am – 12noon