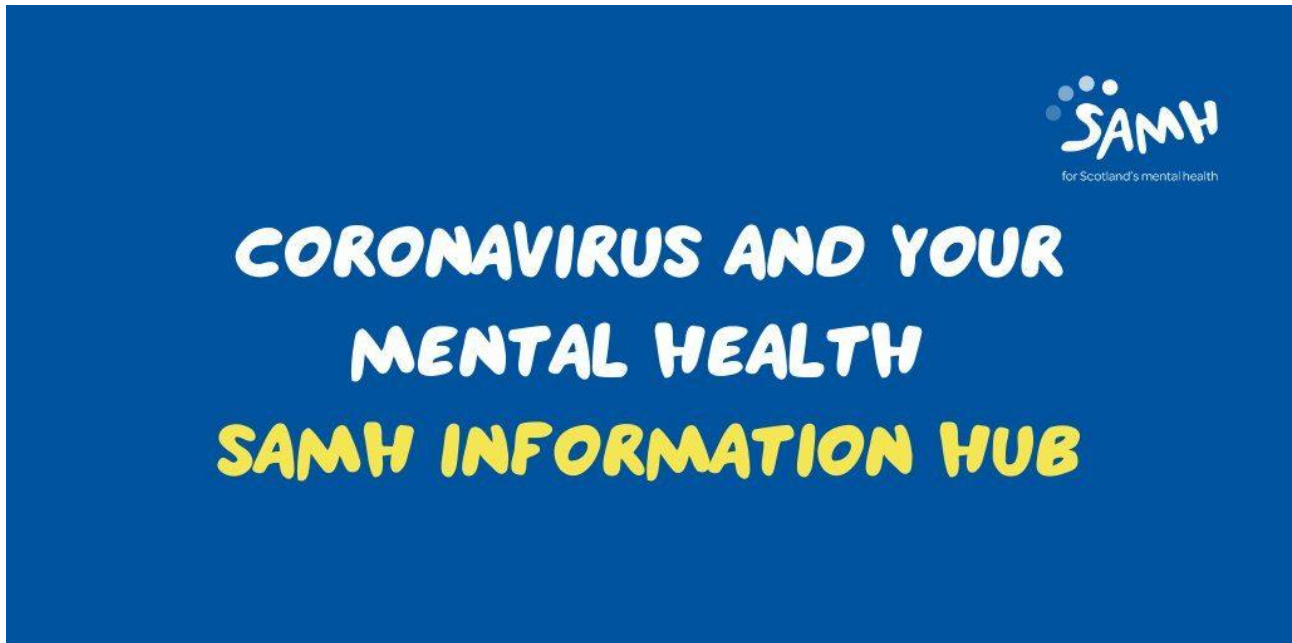


Covid19 & Mental Health

The Scottish Association for Mental Health (SAMH) has put together a wide ranging series of resources to support positive mental health during the coronavirus pandemic.



"Many of us are feeling worried or stressed about how coronavirus could affect our lives, as well as our loved ones.

We may now be having to spend more time at home, perhaps isolated from the friends, family and other relationships that we know are vital to keeping ourselves mentally healthy. It may also be harder for us to do the things that normally help keep us well."

Please visit the dedicated SAMH webpage [here](https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub) to access these resources or the following link <https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub>



Mental Health and Wellbeing		
<p>Samaritans</p> <p>Confidential support for people experiencing feelings of distress or despair.</p>	<p>https://www.samaritans.org/?nation=scotland</p>	<p>116 123</p>
<p>Anxiety UK</p> <p>Charity providing support if you have been diagnosed with an anxiety condition.</p>	<p>www.anxietyuk.org.uk</p>	<p>03444 775 774 (Monday to Friday, 9.30am to 5.30pm)</p>
<p>Bipolar UK</p> <p>A charity helping people living with manic depression or bipolar disorder.</p>	<p>www.bipolaruk.org.uk</p>	
<p>Breathing Space Scotland</p> <p>Breathing Space is a free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety.</p>	<p>https://breathingspace.scot/</p>	<p>0800 83 85 87</p>
<p>CALM</p> <p>CALM is the Campaign Against Living Miserably, for men aged 15 to 35.</p>	<p>www.thecalmzone.net</p>	<p>0800 58 58 58 (daily, 5pm to midnight)</p>

Men's Health Forum	www.menshealthforum.org.uk	
Mental Health Foundation	www.mentalhealth.org.uk	
Mind	www.mind.org.uk	0300 123 3393 (Monday to Friday, 9am to 6pm)
No Panic Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.	www.nopanic.org.uk	Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge
LGBT Helpline Scotland	https://www.lgbthealth.org.uk/services-support/helpline/	0300 123 2523
OCD Action Support for people with OCD. Includes information on treatment and online resources.	www.ocdaction.org.uk	Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

<p>OCD UK</p> <p>A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.</p>	<p>www.ocduk.org</p>	<p>Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)</p>
<p>SANE</p> <p>Emotional support, information and guidance for people affected by mental illness, their families and carers.</p>	<p>www.sane.org.uk/support</p>	<p>0300 304 7000 (daily, 4.30pm to 10.30pm)</p>

NLC Psychological services

<https://northlanarkshire.gov.uk/index.aspx?articleid=34980>

Useful links for children and young people

- The Elsa Support website has an excellent story about the virus for primary children. <https://www.elsa-support.co.uk/coronavirus-story-for-children/>
- Dave the dog is worried about coronavirus.
A free downloadable book for children about coronavirus that aims to give information without fear. <https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>
- Stirling Educational Psychology Service: A 3 minute video to show children and young people how to take care of their wellbeing
https://www.youtube.com/watch?v=zcRILQ6T1G8&feature=emb_logo
- Young Scot have a website specifically for young people about the virus. It explains what it is and provides tips for staying positive and talking about your feelings. <https://young.scot/campaigns/national/coronavirus>

- Young minds: What to do if you're anxious about coronavirus
<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
- Young minds: If you often find yourself struggling with feelings of anxiety or panic, Eve's 'self-soothe box' is a great way to manage those feelings and help you feel more grounded and relaxed. <https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/>
- My coronavirus story a slide show which uses boardmaker symbols to explain the virus <https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html>
- Newsround: Coronavirus: What is being done to tackle the virus?
<https://www.bbc.co.uk/newsround/51204456>
- Newsround: advice if you're upset by the news
<https://www.bbc.co.uk/newsround/13865002>
- Coronavirus explained: a 4 minute clip explaining coronavirus to children.
<https://www.youtube.com/watch?v=OPsY-jLqaXM>
- #Covibook: A short book for children under 7 to support and reassure them about COVID-19. This book is written in 22 languages
<https://www.mindheart.co/descargables>
- The Children and Young People's Commissioner for Scotland site has some information about children's rights in a time of crisis and a number of helpful links to resources
<https://www.cypcs.org.uk/news/in-the-news/getting-human-rights-advice-in-scary-times-the-coronavirus>
- Childline have a dedicated Coronavirus page which covers what coronavirus is, what to do if you are worried and how to cope if you are staying at home. Please also note that Childline have reduced their hours of operation to 9am – midnight
<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>
- ELSA Support: Coronavirus 14 day self isolation activities
<https://www.elsa-support.co.uk/coronavirus-14-day-self-isolation-activities/>

- Joe Wicks, The Body Coach: at 9am every morning Joe Wicks is doing a free PE lesson on his You Tube channel. Here is the link to day 1
<https://www.youtube.com/watch?v=Rz0go1pTda8>

- Action for Happiness: They produce a series of monthly calendars with actions you can take to help create a happier and kinder world They have a specific coping calendar to help us with actions to cope during this global crisis.
<https://www.actionforhappiness.org/calendars>

Useful Phone Numbers:

NHS Lanarkshire: 01698687567
 Domestic Abuse Helpline: 0800 027 1234
 Childline: 0800 1111
 NLC Financial Inclusion Team: 01698 332551
 Sleep Scotland: 0131 258 1258

ACTIVE COPING CALENDAR: APRIL 2020

SUNDAY **MONDAY** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY**

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

1 Make a plan to help you keep calm and stay in contact.	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why.	4 Stay hydrated, eat healthy food and boost your immune system.
5 Get active. Even if you're stuck indoors, move & stretch.	6 Contact a neighbour or friend and offer to help them.	7 Share what you are feeling and be willing to ask for help.	8 Take five minutes to sit still and breathe. Repeat regularly.
9 Call a loved one to catch up and really listen to them.	10 Get good sleep. No screens before bed or when waking up.	11 Notice five things that are beautiful in the world around you.	12 Immerse yourself in a new book, TV show or podcast.
13 Respond positively to everyone you interact with.	14 Play a game that you enjoyed when you were younger.	15 Make some progress on a project that matters to you.	16 Rediscover your favourite music that really lifts your spirits.
17 Learn something new or do something creative.	18 Find a fun way to do an extra 15 minutes of physical activity.	19 Do three acts of kindness to help others, however small.	20 Make time for self-care. Do something kind for yourself.
21 Send a letter or message to someone you can't be with.	22 Find positive stories in the news and share these with others.	23 Have a tech-free day. Stop scrolling and turn off the news.	24 Put your worries into perspective and try to let them go.
25 Look for the good in others and notice their strengths.	26 Take a small step towards an important goal.	27 Thank three people you're grateful to and tell them why.	28 Make a plan to meet up with others again later in the year.
29 Connect with nature. Breathe and notice life continuing.	30 Remember that all feelings and situations pass in time.		

ACTION FOR HAPPINESS www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together **Keep Calm · Stay Wise · Be Kind**



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

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ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

Non-screen activities you can do at home

Pobble

25 ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.



1 How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!

'Learning from home is fun'

2 Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

3 Get building! You could build a Lego model, a tower of playing cards or something else!



4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!



8 Use an old sock to create a puppet. Can you put on a puppet show for someone?

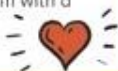


9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

10 Design and make a homemade board game and play it with your family.



11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?



12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.



14 Design and make an obstacle course at home or in the garden. How fast can you complete it?



15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.



16 Keep moving! Make up a dance routine to your favourite song.



17 Write a play script. Can you act it out to other people?



18 Read out loud to someone. Remember to read with expression.



19 Write a song or rap about your favourite subject.



20 Get sketching! Find a photograph or picture of a person, place or object and sketch it.



21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

22 Draw a map of your local area and highlight interesting landmarks.



23 Write a postcard to your teacher. Can you tell them what you like most about their class?

24 Draw a view. Look out of your window and draw what you see.



25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?