

Coronavirus and your mental wellbeing

An easy read guide for people aged 16 years and over





How you may be feeling



The need to follow the rules on social distancing may make you feel anxious or worried.



You may be feeling fearful, irritable, worried, bored and alone.



These are all normal feelings and lots of people have these feelings at this time.



Being shielded at home can make these feelings even worse.



You may also have trouble sleeping and / or over eating or not eating enough.



How can I look after my mental health?



We all have mental health.



A simple way to look after our mental health is the 5 Ways to Wellbeing.



Look at our guide to Coronavirus and the 5 Ways to Wellbeing for more information about this:



<https://www.cornwall.gov.uk/health-and-social-care/mental-health/coronavirus-and-mental-wellbeing/>



Sometimes you may need other support and that is OK.



How this guide can help you

This guide lists organisations and other things that can help you.

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Urgent support

These organisations can help you if you need help urgently:



Call your **GP**



Community Mental Health Team

If you are part of a community mental health team call them on **0845 207 7711**



NHS 111

Call **111**

or **18001 111** on a text phone



Samaritans

Support if you are finding it difficult to cope, or are at risk of suicide. Open every day, all day.

Call for free **116 123**

Email: jo@samaritans.org



NHS 24/7 helpline

Free helpline to talk about your mental health worries. Open every day, all day.

Call **0800 0385 300**



Shout

A text service if you are finding it difficult to cope and you need help fast. Open every day, all day. Free from major mobile networks.

Text **85258**



Childline

Free, confidential service if you are under 19 years old.

Call **0800 1111**

or to email or chat visit **www.childline.org.uk**



Other support

These organisations can help you to cope better with your thoughts and emotions.



Outlook South West

Talk through your emotions and thoughts with a trained professional. During the Coronavirus this will be over the phone. Online support also offered. All support is free.

Call **01208 871 905** Mon – Fri 9am – 4pm

Email **cft.oswenquiries@nhs.net**

<https://www.cornwallft.nhs.uk/outlook-south-west/>



Valued Lives

Offers urgent support if you are feeling very anxious and / or sad. Also offers activities and groups to support you to feel better.

Call **01209 901 438** 5.30pm – midnight every day

<https://www.valuedlives.co.uk/>



disAbility Cornwall

DIAL, a free, confidential information and advice service for support with any disability related enquiry.

Call **01736 759500**

Text **07522 970 336**

Email **advice@dialcornwall.org.uk**

SAFER FUTURES

Ending Abuse in
Cornwall &
Isles of Scilly.



Safer Futures

If you are experiencing abuse at home or outside your home call Safer Futures for support.

Call **0300 777 4777**

If you are in immediate danger call **999** or **101** if not an emergency.



Other things to help you



Safety Plan

You may be more at risk of harming yourself if you get very anxious and / or sad. The safety plan helps to keep you safe.



To show you how to do this go to

<https://www.cornwall.gov.uk/health-and-social-care/mental-health/mental-health-safety-plans/>



Healthy Cornwall's Learning Disability Team

Easy read resources made by the CHAMPs Team and others about staying well and healthy.



<https://www.healthycornwall.org.uk/make-a-change/learning-disability-support/>



Surrey and Borders Partnership NHS Foundation Trust

A series of videos about feeling anxious or worried and how to cope better with these feelings.

Video 1: <https://youtu.be/NjxZW6S-efg>

Video 2: <https://youtu.be/NOmXmNNPJ0s>

Video 3: <https://youtu.be/qn9jN1unfc8>

Video 4: <https://youtu.be/00iHsmjsEW8>

Video 5: https://youtu.be/Yc_81mg_1nk

Video 6: <https://youtu.be/z5lxpsO7jjg>

Video 7: <https://youtu.be/RnvTdix7x6w>



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