

## Mental health and wellbeing advice, tools and support services

It's important that we take steps to look after our mental health 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 or 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, low mood or having trouble sleeping.
- [Childline](#). (NSPCC) has advice, videos and games to support mental health. Phone the free helpline on [0800 1111](tel:08001111)
- [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 and 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

## London Borough of Barnet services

- [Barnet, Enfield & Haringey Mental Health NHS Trust](#) - Really good way to find mental health services in your area.
- [NCL Suicide prevention helpline](#) in Camden, Barnet, Enfield, Islington & Haringey. This is a new service for 18+, anyone who is experiencing suicidal thoughts or needs support with this. Free phone telephone line open certain hours, or can be text support.
- [Mind in Barnet](#) Changing the way they work due to covid-19, but they offer 121 counselling, support and advocacy in Barnet, looking to reach out to new clients soon, but they are offering their usual social groups online.
- [Inclusion Barnet](#): Champion Voice for Mental Health in Barnet - they have their Barnet Voice for Mental Health service which is running 121 telephone or video support for those struggling with mental health & has some wellbeing videos etc. They also have their [touchpoint service](#) running, which supports anyone with a disability reach resources, which has moved to a webchat function.
- [Barnet Mencap](#) Advocacy for Disability have loads of great resources, from planning your day, keeping busy etc.
- [Barnet Working Well Service](#) a pilot programmes that is designed to help Barnet organisations to improve their working practices and increase the job retention rate of Barnet employees who are struggling with their own mental health.
- [JAMI](#): Provide practical and emotional support to the Jewish community in Barnet. Their [headroom cafe](#) has opened their virtual doors & has lots of mental health-friendly sessions. They also have [support hubs](#) which have a virtual timetable of activities.