

## Looking after your mental health and wellbeing during Coronavirus

### Information for Adults

Coronavirus (COVID-19) is impacting all our lives and social distancing and self-isolation can be really hard to deal with. It's normal to feel anxious, frustrated or bored, and if you're worried about the effect it will have on your mental health, you are not alone. The following organisations are delivering services that can help you to look after your mental health and well-being during this time.

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### Local organisations

#### **Hertfordshire Partnership Foundation Trust (HPFT) Mental Health Services**

The Wellbeing Service offers short term support to people with mild to moderate mental health issues such as depression and anxiety. Please visit:

<https://www.northessexiapt.nhs.uk/hertfordshire> for more information about the service

HPFT remains open, for more information or to make a referral for services please contact the Single Point of Access (SPA) number (8am - 7pm): 0300 777 0707

**Herts Mind Network** deliver a number of services including peer support, domestic abuse services, complex needs outreach services, dementia and carers support as well as a range of online services including Meeting Places and Wellbeing Courses. There are a number of sessions including 'Coronavirus and your Wellbeing' and 'Overcoming Anxiety and Fear'. You can contact them on 0203 727 3600 where your call will be triaged and directed to the most appropriate service or find out more on the website: [www.hertsmindnetwork.org](http://www.hertsmindnetwork.org)

**Mind in Mid-Herts** deliver a range of services to support individuals who are suffering or who have suffered from mental and emotional distress. Emotional support is available on the telephone during the covid-19 pandemic on 03303 208100 and you can find out more about online social groups and living well courses including 'Feeling Well' to reduce feelings of depression and sadness and 'Learning to Relax' and 'Building Courage' to cope with anxiety on the website [www.mindinmidherts.org.uk](http://www.mindinmidherts.org.uk)

**Viewpoint** is a user involvement charity in Hertfordshire for people with mental health or drug and alcohol problems. For more information on social activities and programmes please see their website [www.hertsviewpoint.co.uk](http://www.hertsviewpoint.co.uk) or you can also find out more by visiting the Viewpoint Facebook page.

**Guideposts** is a mental health and wellbeing charity that deliver services including befriending, carer support and support for people on the autism spectrum. For more information please visit <https://guideposts.org.uk/hertfordshire-services/> or call 01923 223554.

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### Other local support

#### **Drug and Alcohol services**

You can contact **Change Grow Live** (CGL) Drug and Alcohol Recovery Services from 09:00-19:00 by phoning them on 0800 652 3169 or emailing [Herts@cgl.org.uk](mailto:Herts@cgl.org.uk). CGL recovery workers are offering support over the phone.

## Domestic Abuse

If you are experiencing domestic abuse or worried about someone else who might be you can contact Hertfordshire Domestic Abuse Helpline: 08 088 088 088 (freephone Mon-Fri 9am-9pm, Sat/Sun 9am-4pm) or visit the website for more information: [www.hertssunflower.org](http://www.hertssunflower.org)  
If you are in immediate danger always dial 999

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## Information for people on the autism spectrum

If you're a person on the spectrum this will be a difficult time for you. There are a range of resources to support you through this time, you can find the latest guidance on coronavirus and useful information on the following websites:

**National Autistic Society:** <https://www.autism.org.uk/>

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## Carers

We appreciate that caring for someone else may be particularly stressful at this time.

There is advice for carers from Hertfordshire County Council at <https://www.hertfordshire.gov.uk/services/adult-social-services/carers/carers.aspx> and updates on service changes that may affect the person you are caring for at [https://www.hertfordshire.gov.uk/about-the-council/news/coronavirus-service-updates.aspx#DynamicJumpMenuManager\\_2\\_Anchor\\_5](https://www.hertfordshire.gov.uk/about-the-council/news/coronavirus-service-updates.aspx#DynamicJumpMenuManager_2_Anchor_5)

**Carers in Herts** have up to date information, advice and resources on their website at <https://www.carersinherts.org.uk/> and they can be contacted on 01992 586969 or by email on [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk) .

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## Bereavement

In normal circumstances, bereavement can be a lonely and isolating experience, and these feelings can be made worse by the impact of self-isolation and social distancing measures which are currently in place.

**Cruse Bereavement Care Hertfordshire** provide telephone support to bereaved people via a telephone helpline. You can access support on 01707 278389 Monday to Friday from 9am to 5pm. For helpful resources see the Cruse website: [www.cruse.org.uk/coronavirus](http://www.cruse.org.uk/coronavirus)

**InTouch** is a countywide emotional support line for older people, open Monday to Friday 9am – 4:30pm. Tel: 01992 629 358 OR 01992 634 964 OR 07538 954 189  
Email: [InTouch@ageukherts.org.uk](mailto:InTouch@ageukherts.org.uk)

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## Apps / National websites

There are a number of apps and national website to support your mental health and wellbeing.

**Mind** - [www.mind.org.uk](http://www.mind.org.uk)

**Samaritans** - <https://www.samaritans.org/>

**Sane** - out of hours helpline Tel: 0300 304 7000 from 4.30pm - 10.30pm every day

**Alcohol Health Alliance UK:** In order to support those in recovery at this difficult time, the Alcohol Health Alliance has put together a list of resources which may be useful.

<https://ahauk.org/recovery-during-coronavirus/>

**NHS Mental Health apps library:** <https://www.nhs.uk/apps-library/category/mental-health/>

Public Health England's **Every Mind Matters** service has launched a new suite of tips and advice, focussed on looking after people's mental wellbeing during the coronavirus (COVID-19) outbreak. Resources include a tailored COVID-19 Mind Plan, content for individuals and their loved ones on managing their mental wellbeing during the outbreak, and support for specific mental health issues such as anxiety, stress, low mood and trouble sleeping.

For more information visit: [www.everymindmatters.co.uk](http://www.everymindmatters.co.uk)

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## Already working with a service?

Most organisations have made changes in the way in which services are delivered to ensure that you can still access support when you need it. If you are currently receiving support from a service or have been recently discharged, you can contact the service if you are struggling with your mental health. Most have a duty line and a website where you can find out how to continue accessing services.

If you are already using **HPFT** services and need help, please contact:

Your care co-ordinator on the number provided to you or if you need help in the evening, weekend or bank holiday call our Out of Hours Helpline Tel: **01438 843322**

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## Need help now?

**If you need help in a mental health crisis**

### **Hertfordshire Partnership Foundation Trust (HPFT) Mental Health Services**

Call our Single Point of Access (SPA) Tel: 0300 777 0707 from 8am - 7pm

Email: [hpft.spa@nhs.net](mailto:hpft.spa@nhs.net)

Alternatively, call the Out of Hours Helpline Tel: 01438 843322

### **Herts Mind Network – Mental health helpline**

Anyone experiencing mental health distress can call the Crisis Helpline for emotional support and signposting. You also can call if your mental health is impacted by the current Coronavirus outbreak. Available to provide emotional support **24 hours a day, every day of the week**. To contact the helpline please call us on **01923 256391**

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