

## Support during the Corona Virus Pandemic

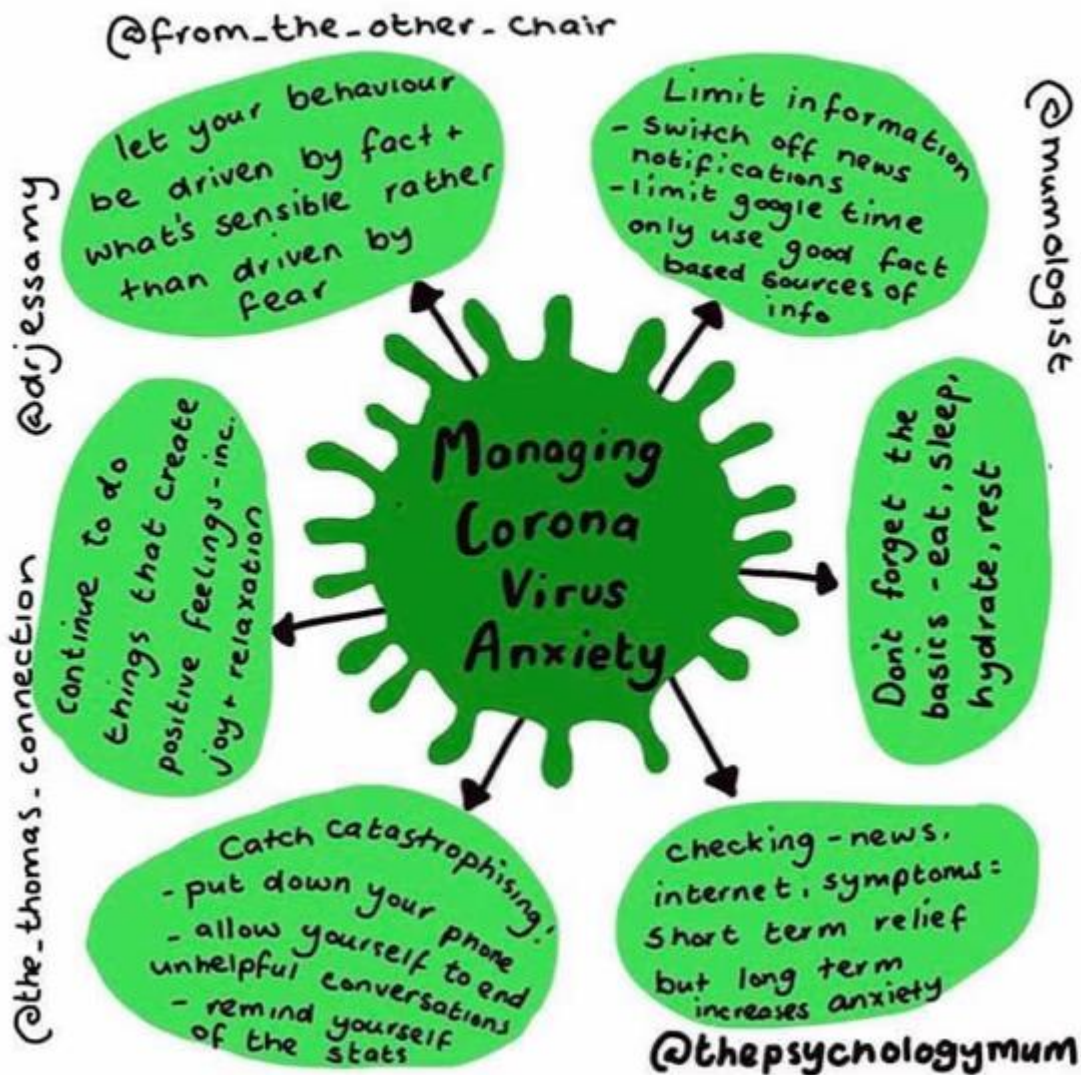
Life is very hard for a lot of us at the moment – fear of illness, of losing jobs, of losing loved ones can feel overwhelming a lot of the time. We want to do everything that we can do to support our patients through this difficult time – and to do everything that we can to prevent this understandable anxiety developing into a clinical mental illness. We will be offering telephone and video consultations to people who need them, and where clinically necessary there will be a face to face option. Guidance is changing constantly and please check other pages on this website for the latest arrangements. There are some things that we all need to do to help ourselves to stay well so that we can support the people we care about

There is some helpful information about how to avoid feeling overwhelmed here



thepsychologymum

...



Just as it is more important than ever to look after your physical health, it is also important to look after your mental health. There is a danger that the vital social distancing and social isolation we have to do will make this more challenging than usual, and so we thought that it would be helpful to share some resources

We really like this creative self-isolation flower with the five ways to wellbeing

**Connect** – remember to contact with each other and chat about things other than corona virus. Do this online or using your phone if you are self isolating

**Learn** – we are doing a lot of this as well recently!!! But learn other things as well - for example learn a poem or try drawing or a new dance

Stay **Active** – There are a couple of good you tube channels here -

<https://www.youtube.com/user/FitnessBlender>,

<https://www.youtube.com/user/yogawithadriene>. If you are unable to

leave the home – and dancing is always a good way to keep moving

Take **Notice** – we live in a beautiful City. Take time to notice the little things – whether it is the sun, the sea or the London Road graffiti if you are able to leave the home. In the home notice the little things that ‘spark joy’

**Give** – this can just mean giving someone a smile, but anything that helps others also helps us to feel better about ourselves and life in general

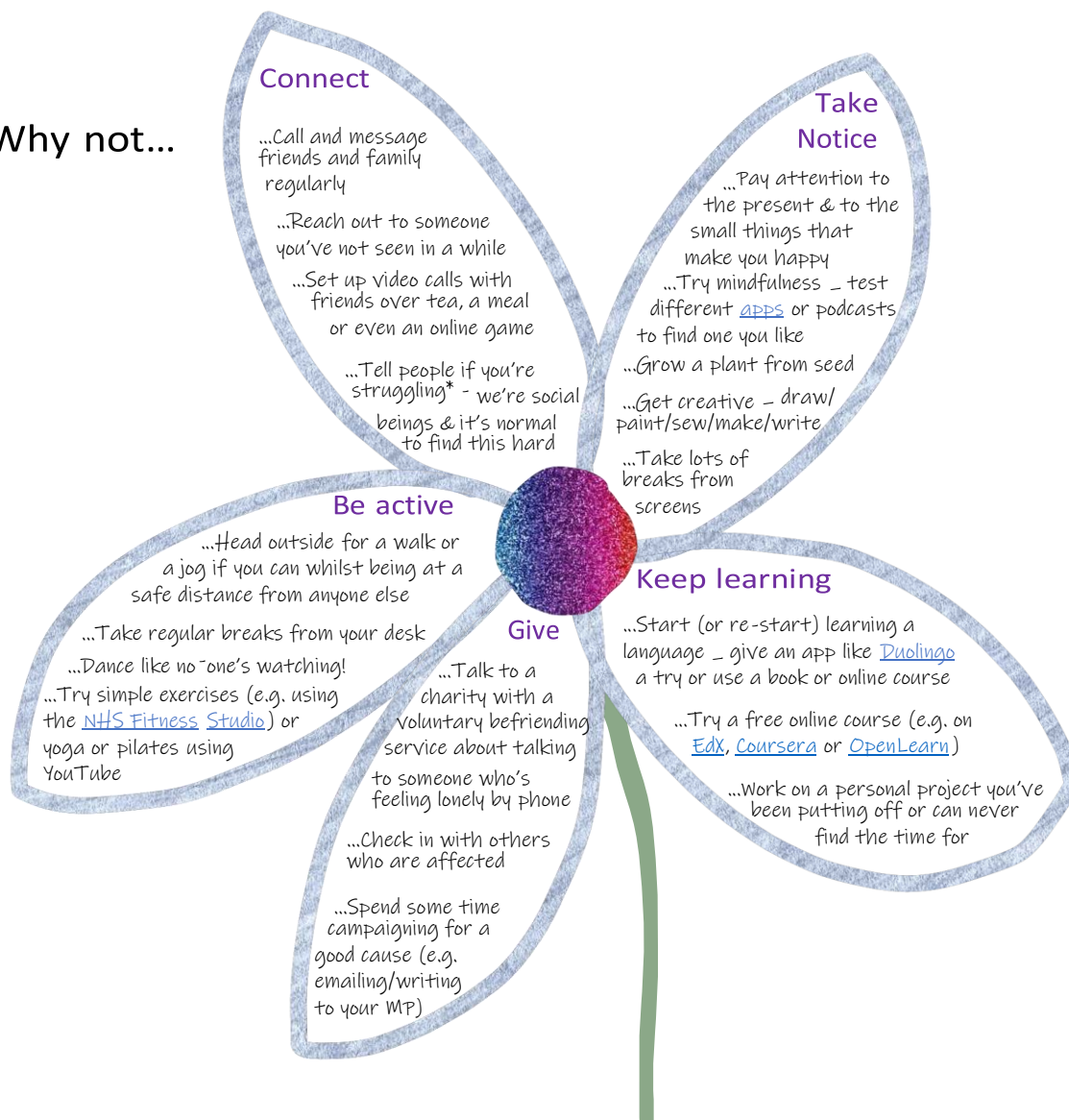
**It is really vital that we all follow the advice from Public Health England on social distancing and social isolation – we are staying here for you – please stay home for us!**

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

# Looking after your mental wellbeing if you have to self-isolate

Some ideas and suggestions based on the ['Five Ways to Wellbeing'](#)

Why not...



If you or your family are having to self-isolate, be sure to follow the latest [NHS guidance](#), which includes practical advice, including on managing work and other responsibilities. This document isn't meant to be prescriptive or a one-size-fits-all or exhaustive list, just ideas & suggestions to help people cope whilst self-isolating during the COVID-19 outbreak (many also apply to working from home). If you you're not having to self-isolate, think about ways to help others in your community; is there an older person whose shopping you could help at this time for example, or other things you could do? (A [local mutual aid group](#) can be a good way to find people who may need a hand).

\* As well as reaching out to friends and family, if you're struggling you can contact your GP, NHS 111 or your local crisis mental health team (more details from MIND on crisis services [here](#)). MIND has a list of UK helplines [here](#), and some local areas, employers and universities have their own counselling and support services. If you're having trouble sleeping, check out [this advice](#) from NHS Every Mind Matters, and if you're having relationship difficulties related to being in self-isolation check out Relate's [self-help guides and support](#).

Design: Isobel Braithwaite

There are some good tips on free activities here

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

<https://www.scouts.org.uk/the-great-indoors/>

**If you are interesting in volunteering then look here**

<https://communitybase.org/services/brighton-and-hove-volunteer-search-789162990/>

ACORN have organised local volunteers to support people in the community in Brighton who need shopping, prescription collection, post and anything else they may need if you can't get out due to age, disability or sickness.

Patients can self-refer online at :<https://acorntheunion.org.uk/corona/>

Or if you don't have internet they can also call on : 07947 524226

**There are resources on how to talk to children on many websites – including this one**

<https://www.mindheart.co/descargables>

- From UNICEF- brief helpful tips on how to talk to children about Coronavirus

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

- From 'edpsyuk' (Educational Psychologists UK)- a collation of helpful educational resources re COVID for families to share with children (including from YoungMinds and MENCAP COVID illustrated easy read leaflet)

<https://edpsy.org.uk/blog/2020/coronavirus-covid-19-information-for-children-families-and-professionals/>

### **SUPPORT WITH MANAGING INCREASED FINANCIAL STRESSORS**

Obviously COVID-19 may also be affecting patients financially. Here are some organisations that can help with benefits, housing and debt advice at this difficult time:

**CAB** : Offer free, independent advice on benefits eligibility, financial, housing and legal issues. Telephone : 0300 3309033. Website : [www.citizensadvice.org.uk/local/brighton-hove](http://www.citizensadvice.org.uk/local/brighton-hove) and [www.adviceguide.org.uk](http://www.adviceguide.org.uk)

Money Advice Plus : Email: [info@moneyadviceplus.org.uk](mailto:info@moneyadviceplus.org.uk). Website : <https://www.moneyadviceplus.org.uk/> Telephone : 0800 9887037

OR

**CAP** : Christians Against Poverty Telephone : 0800 328 0006 Can assess your situation and offer personalised debt plan with named advisor

Loan Sharks are operating during this period – report them using a free helpline 0300 555 2222

### **Housing :**

BHT Housing Advice 01273 645455

OR

Southdown Homelessness Prevention & Mental Health Support Service who take self referrals - Email: [brighton.support@southdown.org](mailto:brighton.support@southdown.org) Telephone: 01273 929 426/ 07340 280 415

### **UNIVERSAL CREDIT**

For now the Government have relaxed the minimum income floor and have raised the payments for Universal Credit so self-employed individuals receive the same amount as someone on statutory sick pay, or £94.25 a week.

If you need to claim Universal Credit, but have COVID-19 or are self-isolating, you will now be able to make a claim and to access advance payments without needing to attend a Jobcentre Plus.

Unfortunately, the five week wait for new Universal Credit claims remains though.

### **EMPLOYMENT AND SUPPORT ALLOWANCE**

The Government has promised that if you are sick or have been advised to self-isolate, you will be able to claim Employment and Support Allowance (ESA) from day one instead of day eight.

You can make a claim for new style Employment and Support Allowance on the Government's website. You will need to fill in a NSESAF1 claim form to apply.

The weekly payment for ESA is typically £73.10 or £57.90 for people under the age of 25.

### **ONGOING CREDIT AGREEMENTS *i.e. credit cards, loans, finance agreements***

The Financial Conduct Authority has called on lenders to use flexibility built into their rules to support consumers experiencing difficulties paying back personal loans or credit card bills as a result of COVID-19. Please contact your provider to see how they can assist.

### **INCOME TAX DEFERRAL FOR THE SELF-EMPLOYED**

Any self-employed individuals who are due to make their second payment on account towards the 2019/20 tax year on 31 July 2020 will be able to defer this until 31 January 2021.

HM Revenue & Customs have also confirmed that no penalties or later payment interest charges will apply during this deferral period.

### **3 MONTH MORTGAGE / RENT HOLIDAY**

Anyone who cannot pay their mortgage or rent due to the impact of COVID-19 will be allowed a three-month repayment / rent holiday. Landlords are not allowed to evict tenants during this period and houses cannot be repossessed.

[Entitledto.co.uk](https://www.entitledto.co.uk) has a useful benefits calculator.

[Low Incomes Tax Reform Group](https://www.lowincomes.gov.uk) has a checklist of most benefits with links to more detail.

**There are some apps which can help with mindfulness and are free**

<https://www.calm.com/>

<https://www.headspace.com/>

**St Peters patients have free access to the Daylight app for managing anxiety, and Sleepio which is a CBT based programme that is usually quite expensive but can be accessed for free by entering PMC2020 at the checkout**

- Visit [sleepio.com/redeem](https://sleepio.com/redeem) and enter the code **PMC2020**
- Register and create an account
- Access the programme - read Sleepio's expert sleep guides, begin the CBT programme, and speak to other users in the Sleepio online community
- Please note, that we recommend accessing the programme via a computer rather than on a phone

**How to access Daylight – can be easily used on a phone**

- Visit [trydaylight.com/access](https://trydaylight.com/access)
- Complete the questionnaire and create an account
- Download the daylight app and sign in using your credentials

- **Access the programm**

## **Websites**

<https://www.anxietyuk.org.uk/>

<https://www.mentalhealth.org.uk/blog/every-mind-matters>

<https://www.thecalmzone.net/help/get-help/>

<https://www.headstogether.org.uk/get-support/>

**Tik Tok** has some videos that can be useful – for example -  
[https://www.tiktok.com/@dr\\_julie\\_smith](https://www.tiktok.com/@dr_julie_smith)

## **Some mental health support services have useful advice**

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapseb0058>

<https://www.rethink.org/news-and-stories/blogs/2020/03/managing-your-mental-health-during-the-coronavirus-outbreak/>

<https://www.theguardian.com/society/2020/mar/16/coronavirus-health-anxiety>

There is support in Brighton from a lot of voluntary sector organisations coordinated through

<https://www.communityroots.org.uk/>

## **For pregnant women**

There is specific advice here, including clear response to Gov defining pregnant women as ‘vulnerable group’ and practical advice (e.g. re antenatal care and social distancing)

<https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/>

## **People aged over 55 who are feeling isolated and would like phone support**

<https://www.thesilverline.org.uk/> 0800 4708090

Age UK also provide befriending Telephone : 01273 720603 Email : [info@ageuk-bh.org.uk](mailto:info@ageuk-bh.org.uk)  
Website : <https://www.ageuk.org.uk/brightonandhove>

From **OCD-UK**- helpful practical tips on managing OCD & anxiety symptoms during pandemic; with good links to other resrouces re managing anxiety

<https://www.ocduk.org/ocd-and-coronavirus-resources/>

<https://www.ocduk.org/ocd-and-coronavirus-top-tips/>

### Mental Health Support and Crisis Services

The following services are available if you have any concerns about your mental health

Name of Service	Description / Further Information	Phone Number	Address / Email / Website
<b>Sussex Mental Health Line</b>	Support and information for anyone experiencing mental health problems and carers. Lines open Monday to Friday 5pm-9am. Weekends and Bank Holidays – 24 Hours	<b>0300 5000 101</b>	
<b>Mental Health Rapid Response Service (MHRRS)</b>	If you require urgent none medical mental health assistance, for instance if you feel you are not able to keep yourself safe. Open 24 hours a day.	<b>0300 304 0078</b>	
<b>Brighton and Hove Wellbeing Service</b> (Referrals only Service – Takes self referrals online)	During normal working office hours (Monday-Friday 8am – 6pm).	<b>0300 002 0060</b>	<a href="http://www.brightonandhovewellbeing.org">www.brightonandhovewellbeing.org</a>  Email : BICS.Brighton-and-Hove-Wellbeing@nhs.net
<b>Samaritans</b>	Samaritans provides confidential non-judgemental emotional support 24 hours a day on the phone.	<b>116 123</b> <b>(free from landline and mobile)</b> <b>OR</b> <b>01273 772277</b>	<a href="http://www.samaritans.org">www.samaritans.org</a>  Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> Text : 07725 909090
<b>NHS Direct</b>	Available 24 hours a day, 365 days a year – online and on the telephone.	<b>111</b>	<a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a>
<b>Sane Line</b>	SANELine is a national out-of-hours telephone helpline offering emotional support and information for people affected by mental health problems. Phone lines open 6pm to 11pm everyday.	<b>0845 767 8000</b>	<a href="http://www.sane.org.uk">www.sane.org.uk</a>
<b>A&amp;E</b>	A&E Mental Health Liaison Team for emergency crisis support if required.	If you are planning to seriously harm yourself ring for an ambulance on <b>999</b>	Royal Sussex County Hospital, Eastern Road, Brighton.

Please stay safe and take care – these are extraordinary times but we are an extraordinary community and will get through this together

All staff at St Peters Medical Centre

