

Psychological Resources for Covid-19

This guide summarises the existing tools and resources which are available and also includes new ideas for review to evaluate if they may be suitable for implementation within the Partnership.

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Local Information

Tayside Mental Health and Wellbeing Resources and Support

Many people will experience an increase in mental health symptoms throughout this coronavirus outbreak due to the impacts of:

- Quarantine,
- Financial difficulties and uncertainty,
- Social isolation, and
- Anxiety about potential health impacts of Covid-19.

These are likely to be higher among people with existing mental health conditions, financial worries, frontline workers or those with underlying health issues¹. However anyone can be affected and experience symptoms such as low mood, insomnia, anxiety, irritability, poor concentration and stress.

Therefore it is important that we all look after our mental health and wellbeing during this time.

The following resources offer useful information and advice as well as direct support. It is not a complete list and will be updated regularly.

General

[NHS Inform](#) – hosts a wealth of advice on symptoms, social distancing, caring for a cough or fever, as well as how to look after your mental wellbeing during the Covid-19 pandemic.

[Ready Scotland](#) – useful information to help you to stay safe and well during the coronavirus outbreak. Includes information on helping in your community, how to provide practical help and emotional support, where to find additional support and advice for community groups.

Local Services

Local mental health and wellbeing support services are continuing to support existing clients via telephone and online. If possible, email or check for updates on Facebook. Phone messages will be checked as often as possible.

Penumbra Dundee Wellness Services - People can get in touch with general enquiries via:

dundee.nova@penumbra.org.uk or dundee.carers@penumbra.org.uk

01382 223487 (messages are being picked up daily Monday-Friday)

General updates will be posted on Facebook www.facebook.com/penumbradundee/

Penumbra Angus Wellbeing Services – enquiries and referrals can be made via:

angus.nova@penumbra.org.uk

Angus Peer Service – telephone appointments can be booked through GP Practices

Angus Suicide Prevention Service – telephone and email support (Monday to Friday 9am-5pm). Contact aspss@penumbra.org.uk or 0800 135 7899

General updates posted on Facebook www.facebook.com/penumbraangus/

Community Listening Service (Tayside wide)

The Community Listening Service has moved to a telephone listening service during the coronavirus outbreak. Anyone in Tayside can contact the listening service – phone or text 0796 777 1941 – to arrange a telephone appointment.



Do you need to talk about what's on your mind?

NHS Tayside

Most of us do, especially during worrying times or after a bereavement or loss. It can be helpful to share your story.

NHS Tayside's Community Listening Service is here for you throughout this time with appointments available via phone Monday - Friday. We will listen and can help you rediscover your strength.

Just call or text **0796 777 1941** to find out how we can support you.

"I came away with a feeling of optimism. I have since taken positive steps to make some changes in my life which have improved my mental and emotional wellbeing." - NHS Tayside patient

The advertisement features a large smartphone graphic on the left with a green phone icon and the number 07967 771 941. The background is blue with white text and a white speech bubble containing a testimonial.

Drug and Alcohol Services

[We Are With You \(formerly Addaction\)](#) are offering online and telephone support.

Free confidential support to people experiencing issues with drugs, alcohol or mental health (online and telephone service).

Tayside Council on Alcohol (TCA) - contact can be made via:

Email: enquiries@alcoholtayside.com and

Facebook: www.facebook.com/alcoholtayside

Phone (leave a message): Perth 01738 580336, Dundee 01382 456012, Angus 01241 872989

[SMART Recovery](#) – online SMART meetings.

Online Support

Tayside

[Cool2Talk](#) – This is a confidential place and 121 counselling service for young people aged between 12 and 26 to freely ask questions about things that are affecting them.

[Suicide? Help!](#) – An information app for people who are thinking about suicide or worried about someone else. As well as providing information about suicide, such as how to get help and what signs to look for in others, this app provides details of relevant local services – website.

Money Worries? – This app is a comprehensive resource which point's people to the right help in a crisis. Over 200 links and phone numbers to Tayside and National sources of support on money, housing, work and other issues. Search for 'Money Worries?'

National

[Living Life to the Full](#) – a free life skills course teaching how to tackle and respond to issues or demands in everyday life. Includes specific wellbeing advice related to Coronavirus for adults, young people and their parents and health workers.

[Beating the Blues](#) - a computer based self-help programme which uses Cognitive Behavioural Therapy (CBT) for people experiencing mild to moderate depression or anxiety. Available in Tayside via GP referral (not sure of current status).

[Headspace](#) -Headspace helps its users to train their minds, to experience benefits including less stress, better sleep, focus and improved relationships (Headspace are offering more free functions during the Coronavirus crisis) Also available as an app.

[Moodscope](#) – an online tool to track wellbeing day-to-day, increasing awareness of the causes of our ups and downs. There is the option of sharing with a nominated online support 'buddy'.

National Websites, Helplines and Advice

Helplines

Breathing Space - 0800 83 85 87 - listening advice and information for people feeling low, stressed or anxious

Samaritans - 116 123, email: jo@samaritans.org - provides 24 hour confidential emotional support for people experiencing feelings of distress or despair, including those which could lead to suicide.

SANE - 0300 304 7000 - offers emotional support and information to anyone who is worried about their own mental health, or a concerned family member, friend or professional.

CALM - 0800 58 58 58 - helpline and web chat dedicated to preventing male suicide.

Survivors of Bereavement by Suicide - 0300 111 5065, email: email.support@uksobs.org - exists to meet the needs and break the isolation of those bereaved by suicide.

Shout - Text 'SHOUT' to 85258 for free 24/7 text based support for anyone in crisis, struggling to cope and in need of immediate help.

Drug use helpline (Know the Score - confidential information and advice online and by telephone) - 0333 230 9468.

Alcohol helpline (Drinkline Scotland -alcohol helpline for anyone worried about their own or someone else's drinking) - 0300 123 1110

Domestic abuse helpline (Domestic Violence Helpline - confidential support from highly trained female advisors) - 0800 027 1234

Rape Crisis Scotland helpline (Rape Crisis Scotland - confidential support, advice and information. For anyone, women and men, affected by sexual violence no matter when or how it happened) - 08088 01 03 02

Bereavement helpline (Cruse Bereavement Care) - 0845 600 2227 - offers support to people who have lost someone close.

LGBT health and wellbeing helpline (LGBT Helpline Scotland - information and emotional support) - 0300 123 2523

Parents helpline (Parentline Scotland - tips, advice and support for parents) - 08000 28 22 33

Mental Health National Websites

[Alcohol Change UK](#) – Information and advice on alcohol during the coronavirus outbreak, including how to manage your drinking.

[SAMH \(Scottish Association for Mental Health\)](#) – Hub of information and guidance about looking after your mental health as the coronavirus developments continue.

[Samaritans](#) – compiled resources and information for people worried about their mental health during the coronavirus outbreak.

[Mind](#) – information on coronavirus and your wellbeing, including useful checklists to help people to prepare for and cope with social isolation.

[Mental Health Foundation](#) – information on looking after your mental health during the coronavirus outbreak.

[Young Scot](#) - find out more about what's happening and the simple steps you can take to help prevent catching COVID-19 and spreading to others. Also find out more about what you can do if you are feeling anxious and worried, and how you can support others in your community.

[Childline](#) – a free, private and confidential service where you can talk about anything.

[Young Minds](#) – support for young people and parents who are struggling with news about coronavirus. Information for parents on talking to their children about coronavirus.

[COSLA](#) – advice for supporting children and young people during Covid-19.

[See Me Scotland](#) – Mental health information for young people and adults and includes information on mental health in the workplace.

[Self-Injury Support](#)- offering support due to self-harm for women and girls.

[Choose Life](#) – National suicide prevention programme. Information about SIREN (Suicide Information Research and Evidence Network).

References- [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30460-8/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30460-8/fulltext)

Mental Health, Mindfulness and Wellbeing Apps

Apps for Adults

Digipill - Guided meditation app which covers mindfulness, stress, anxiety and sleep exercises. First is free however there is a cost thereafter.

Ginsberg Activity and Mood Diary - It follows simple formula of tracking mood, finding patterns, making changes and monitoring, you can track emotional physical and contextual information.

Mindshift - Anxiety management app, anxiety explanation, record the situations that make you anxious and design your own plan. Rate your anxiety and check your physical symptoms, thinking exercises, relaxation tools and general coping strategies.

RCPsych Key Facts App - Mental Health Key Facts, leaflets and podcasts - requires an internet connection to use app.

Virtual Hope Box - Relaxation and meditation, distraction games, inspiring quotes and design coping card/activity planners.

Wellmind - General wellbeing app as well as self-help for stress, anxiety and depression, rate your wellbeing, self-help with stress, self-help with anxiety and self-help with depression.

Apps for Children/Teenagers

Calm Harm - (children/teenagers) - App contains self-harm help, comfort exercises, distraction exercises, release exercises and breathing exercises.

Catch It - (teenagers/adults) - App contains a mood diary so you can record your own mood at a specific time of the day and rate it also where you were when you felt like this. What was happening when you felt like this and add what your automatic thoughts were, is there a different way to think about it, rate mood now.

Chill Panda - (children) - App contains breathing exercises, exercise activities and relaxing games.

What's Up - (teenagers) - Self-help for anger, anxiety, depression, self Esteem and stress, mindful breathing and breathing exercises, grounding exercises, catastrophic rating scale, forums, uplifting quotes, being in the present exercises, write positive affirmations about self.

Stressheads - (teenagers/ adults) - Mental health information linked to helpful websites.

Online Learning Resources

There are a number of free tools, articles and resources specific to Covid-19 available on the [Psychology Tools](#) website. Current resources include:

- ["It's okay not to be okay"](#). A page of resources from the Intensive Care Society about supporting staff wellbeing.
- A link to the '[Support The Workers](#)' website which focuses on evidence-based training and support curriculum for staff providing psychosocial support to frontline workers
- A policy document from the UN's IASC summarizing [key mental health and psychosocial support \(MHPSS\) considerations in relation to the 2019 novel coronavirus.](#)
- A link to the '[Covid Trauma Response Working Group](#)' website which has been created by group of psychological trauma specialists in the UK to help coordinate trauma-informed responses to the COVID outbreak.
- A blog post from a psychological wellbeing practitioner in the UK about [how to conduct psychological work effectively over the telephone.](#)
- A short fact sheet of guidance from the Oxford CADAT about [how to conduct effective memory work in cognitive therapy for PTSD remotely.](#)
- A link to [NHS Education for Scotland](#) and their information on psychosocial responses to Covid-19.

This website is being updated regularly with new information and the majority of the resources available are free to access.

Family Friendly Activities At Home

Below are a list of resources to help keep yourself and your family active and amused during extended periods at home.

[American National Parks](#) – Follow rangers on a journey to places most visitors never get to go.

[British Museum](#) – An interactive way to learn more about world history.

[Chatterpack](#) – Free resources for anyone bored at home.

[Virtual Tours with Google](#) – Tour some of the world's best museums from home.

[Darebee](#) – Home workouts/ fitness plans.

[PE with Joe Wicks](#) – Home workouts for children and adults.

[Do Think Share Art](#) – Creative art activities for the whole family.

[Yoga with Adriene](#) – Yoga workouts.

[Move it or Lose it](#) – Exercises for older people.

Team Wellbeing Calls

Below is a proposal to introduce a system of team wellbeing phone calls which aim to allow colleagues to take some time away from their work with the purpose of allowing them to discuss how they are feeling. This method has already been adopted by a number of organisations including the Scottish Government.

- Fika is a Swedish concept that literally translates to coffee and a cake with friends. They are designed to be short meetings (15-30 mins) where staff take time away from work to speak to a colleague. This time can be used to discuss life outside of work, how you're feeling or even challenges in work although they're not designed to solve any workplace issues more just to allow someone to vent and open up about a situation. Fika's promote mindfulness and studies have shown that they actually increase productivity and efficiency of staff whilst also aiding their mental health and promoting stronger working relationships with colleagues. During this time it may also help to tackle feelings of isolation and increase staff morale.

Although fikas are designed to be face to face several organisations have now launched virtual fika programmes during this time, including the Scottish Government. The programme involves staff submitting their phone number and a couple of available times for their fika and they are then paired with another available colleague and sent each other's phone numbers. They then take a break, make a coffee and call their virtual fika partner. This could be done at team level or even organisation wide.

Team Mental Health and Wellbeing Plan

During this difficult time we need to consider how to look after ourselves and our colleagues mental health and wellbeing, more than ever we need to be mindful of each other's needs and recognise when we are struggling as individuals or as a team and also continue to recognise our achievements, to support each other, this can be achieved with each team having its own mental health and wellbeing plan and it is a practical way to help each other and share our values as a team.

Wellness Tools and Support

We need to consider how we can support each other and look after each other. Here are some examples. We use these to keep ourselves and team well whether there are early warning signs or not.

- Look out for each other and recognise if a team member is becoming stressed – offer emotional/practical support to relieve their stress -get them to recognise what they are doing well.
- Take the opportunity to thank each other for their hard work and commitment every day
- Be kind to each other and recognise others strengths.
- Be more self-compassionate, we tend to be much harder on ourselves when stressed.
- Take the opportunity twice a day, for just 10 seconds to recognise what you have been able to do, if you can share this with another person, or even use your huddle for each person to say out loud what they feel they have achieved.
- If we can single task, finish and complete –recognise what you are achieving during difficult times, it's not about amounts. When we have lots of tasks we get overwhelmed and stressed, and fail to recognise what we are doing well.
- Try to take your breaks, lunch etc., it's the first thing we often give up.

Personal Wellbeing

This is really important –when you leave your shift it starts immediately.

- If driving or on public transport - play music, listen to a podcast, play a mindfulness or meditation session.
- It's okay to recognise you have had a really hard day, but focus on what you have achieved.
- Get home and if able have some “me” time, even if we have really supportive people around this, we still need a bit of time on our own to unwind.
- Keep in contact with friends or loved ones.
- Try not to discuss work, as it can be a trigger.
- You may not be able to use your existing wellness tools at moment e.g. going to the gym. Can you exercise in house? Try to maintain hobbies and interests in the

Finally - Don't take your well-being for granted, we all need a range of wellness tools, aspiration and dreams, regardless of how well we are. When we work in the caring profession we give a lot of ourselves away. It is therefore important to look after us, as we are important.