

SEARCH "MENTAL HEALTH CORNWALL" FOR ADVICE AND SUPPORT



Your mental health is like your physical health and we need to do things to keep it in good shape.

Everyone is getting used to living a bit differently during Coronavirus (COVID-19) and things changing often. We know you might have some worries about the virus, school, friends, home life, jobs or money.

You might feel frightened, irritable, or just unsettled. You may also feel like you have a lack of control, trouble sleeping or eating, or spend time checking symptoms or reading about coronavirus on the internet.

It's OK to not be OK, but make sure you get some help:

Five ways to wellbeing

- **Connect** with others
- **Be active** – even if it's just a 10 minute walk, we promise you'll feel better
- **Learn** something new, or learn to take a break for yourself
- **Giving** your time to help others is a great mood booster
- **Take notice** of your environment – list 5 things you can see/hear/smell/touch

Find out more www.cornwall.gov.uk/fiveways

For support for young people visit www.startnowcornwall.org.uk/fiveways or you can make your own wellbeing action plan and find ways to help you feel good www.startnowcornwall.org.uk/actionplan

Doing these daily or weekly will help you feel good



Cornwall and the Isles of Scilly
Health and Care Partnership

If you want to talk or need help with your mental wellbeing, you can call or text

- The Cornwall and Isles of Scilly 24/7 NHS Mental Health response line (**0800 038 5300**)
- Call **116 123** for free to talk to Samaritans, or email: **jo@samaritans.org** for a reply within 24 hours
- Citizens Advice Cornwall (**03444 111 444**) for financial advice or simply text “ADVICE” for general queries or DEBT to **78866**

Children and young people can get additional support

- Text “YM” to **85258** to contact the Shout Crisis Text Line
- Your way live chat **www.your-way.org.uk/coronavirus**
- Kooth the online wellbeing community for young people **www.kooth.com**

Mental health support

- For guidance visit **www.cornwall.gov.uk/wellbeingguides** or email **phdesk@cornwall.gov.uk** for a hard copy (note the guide and your address)
- Or use our downloadable or interactive Safety Plans by visiting **www.cornwall.gov.uk/mentalhealth**; designed to help you with your mental health

Sleep

We all have evenings when we find it hard to fall asleep or we wake up in the night. You may also find this is happening more often during the coronavirus (COVID-19) outbreak.

Good-quality sleep makes a big difference to how we feel, mentally and physically. As we start to move back towards our routines, we'll need to start shifting our sleep patterns. For advice and support search “**every mind matters sleep**”. For young people find more: **www.kernowccg.nhs.uk/sleeplessness**

Emotional Resilience for Parents and Carers

You're not alone, we're all under pressure and in this together. Together for Families has support, advice and ideas to help you help children and young people's mental health. **www.cornwall.gov.uk/covidresilience**

