

## **CWP Mental Health & wellbeing Resource pack for Coronavirus**

There are a huge range of resources and websites circulating the internet and social media aiming to support individuals, families and society in this “unprecedented” time. This range of resources is potentially overwhelming leaving people unsure where to go or what might be most helpful and so may add to difficult feelings.

This document is an attempt to pool together some of those resources in one document, structured with specific areas of need or interest. It will be by no means perfect and may not include the best resources out there but hopefully it will be of some help to some of the people some of the time!

### **How to use It**

The pack contains information relevant to everybody, information for those struggling with particular emotional or mental health difficulties & information relevant to clinicians.

It may be that some people will find the entire document useful & use the index to take them to relevant section. Alternatively clinicians may to pick & choose specific sections or tools within it to share with clients.

**Disclaimer:** It has not been possible to thoroughly scrutinise every single link or download on every document so please feel free to edit your copy or provide feedback if you think something should be removed or added!

In many cases links are used rather than embedded documents as this enables the content to be updated as guidance changes or the situation develops.

*Where there are particularly useful documents which are unlikely to need change they have been included as embedded documents which (should) open when you double click on them.*



### **Contributors**

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## GENERAL WELLBEING

**For the most up to date information and guidance please refer to:**

**The latest Government guidance:**

<https://www.gov.uk/coronavirus>

**NHS Advice**

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://111.nhs.uk/covid-19/>

**The Mental Health Foundation:** <https://mentalhealth.org.uk/coronavirus>

**Looking after your mental health during the Coronavirus outbreak.**

This contains a useful general overview and advice to:

- Try to avoid speculation and look up reputable sources on the outbreak
- Try to stay connected
- Talk to your children
- Try to anticipate distress
- Try not to make assumptions

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

**How to look after your mental wellbeing while staying at home**

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

**WHO mental health and psychosocial considerations:**

[https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af\\_8](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_8)

## **INFORMATION FROM YOUR LOCAL AUTHORITY**

Local Authorities have launched dedicated areas of their websites to update on services and issues related to Coronavirus.

### **CHESHIRE WEST & CHESTER**

<https://www.cheshirewestandchester.gov.uk/news-and-views/incidents/coronavirus-covid-19/coronavirus.aspx>

**Dedicated Helpline: For Cheshire West & Chester residents** to provide advice and support, and where necessary make arrangements for food, medicines and social contact.

Telephone: 0300 123 7031

Opening hours: every day from 8am to 7pm

You can also email: Email: [enquiries@cheshirewestandchester.gov.uk](mailto:enquiries@cheshirewestandchester.gov.uk)

<https://www.cheshirewestandchester.gov.uk/news-and-views/incidents/coronavirus-covid-19/how-to-get-help/dedicated-helpline.aspx>

### **CHESHIRE EAST**

**Council services during the COVID-19 outbreak: Maintaining essential services to support your health & wellbeing**

[https://www.cheshireeast.gov.uk/council\\_and\\_democracy/council\\_information/coronavirus/coronavirus-covid-19.aspx](https://www.cheshireeast.gov.uk/council_and_democracy/council_information/coronavirus/coronavirus-covid-19.aspx)

**Cheshire East People Helping People:** Cheshire East are working collaboratively with voluntary community and faith sector organisations, business, staff and local residents to channel community-based support to meet local need. It is important that all efforts to help those in need are coordinated centrally by the Local Authority to provide safety and manage any potential gaps in service. **If you would like to offer support or need to access help, please leave** go to [https://www.cheshireeast.gov.uk/council\\_and\\_democracy/council\\_information/coronavirus/cheshire-east-people-helping-people.aspx](https://www.cheshireeast.gov.uk/council_and_democracy/council_information/coronavirus/cheshire-east-people-helping-people.aspx)

### **WIRRAL**

<https://www.wirral.gov.uk/health-and-social-care/coronavirus-updates/coronavirus-covid-19-information-wirral-council-staff-1>

**New online resource to help residents get the help they need:** Wirral Council and partners have launched a new website to help match residents needs with local sources of support during the COVID-19 (coronavirus) situation.

<https://www.wirral.gov.uk/health-and-social-care/coronavirus-updates/coronavirus-covid-19-information-wirral-council-staff-5>

# COPING AT HOME WITH SELF ISOLATION, 'LOCKDOWN' & SOCIAL DISTANCING.

## LOOKING AFTER YOUR WELLBEING IF YOU ARE STAYING HOME

<https://mentalhealth.org.uk/coronavirus/staying-at-home>

1. Plan your day
2. Move more every day
3. Try a relaxation technique
4. Connect with others
5. Take time to reflect and practice self-compassion
6. Improve your sleep

## PLAN YOUR DAY - STRUCTURING OR PLANNING YOUR DAY CAN BE HELPFUL



Daily planner.pdf



ADHD Coronavirus  
Schedule.pdf

or if you need a bit more guidance!

## **Occupy your time:** think of the balance between pleasure and mastery.

There may be chores to do around the house or garden but you could also see it as an opportunity to try new things or do some on line learning.

This is just one website which is offering free online learning – courses have option of free, upgrade or unlimited with the free option having limited period during which you can access them.

<https://www.futurelearn.com/courses/collections/keeping-busy-in-isolation>

## **Music**

Find your preferred online sing along community!

As suggested by <https://mymodernmet.com/together-at-home-coronavirus-concerts/?fbclid=IwAR3Mc2Ng2t6LeetJELEg5GO0G6sdlyVXuYSM5zyxnJ5R5PJy2raTKXI8LG4>

If you like Classical or opera:

Berlin Philharmonic Orchestra – offering a 'Digital Concert Hall': <https://www.digitalconcerthall.com>

New York Metropolitan Orchestra is live streaming presentations through their website: <https://www.metopera.org>

## **Reading**

Check out your local library for free online resources or search on line for free reading & audio book apps.

Cheshire West & Chester: <https://www.cheshirewestandchester.gov.uk/residents/libraries/eresources.aspx>

Wirral: <https://www.wirral.gov.uk/libraries-and-archives/e-books-e-comics-e-magazines/e-books-and-e-audio>

Free stories for Children:

<https://stories.audible.com/start-listen>

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/>

## MOVE MORE –

Not just Formal exercise but anything which gets you moving such as gardening, dancing (even cleaning)

### Exercise

#### At Home work outs

<https://watch.lesmillsondemand.com/at-home-workouts>

#### Suggestions for Free online exercise classes

<https://www.independent.co.uk/life-style/health-and-families/coronavirus-home-workout-exercise-class-yoga-dance-kids-elderly-joe-wicks-a9421126.html>

<https://www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/>

**Down dog** – providing free membership to their yoga, barre and HIIT apps until April 1st:

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

**Sport England** have relaunched their [sportengland.org](https://www.sportengland.org) webpage to advise how to keep active while at home.

### Want some more ideas?

If you want any more ideas as to how to fill your time have a look at this list of free, online, boredom-busting resources from Chatter Pack:

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

## RELAXATION & SELF COMPASSION

Try some of the ideas in the '*Managing the understandable Anxiety & Uncertainty*' section but also music, reading or other hobbies and activities (arts, crafts, cooking, gardening – what ever takes your fancy!)

## STAY CONNECTED ONLINE WITH FRIENDS & FAMILY

There are many free online video platforms which allow group chats such as WhatsApp, Skype, Zoom or Duo so you can:

- Have a dinner party over video chat
- Host an online book club
- Check in with friends

<https://techcrunch.com/2020/03/23/the-best-video-chat-apps-to-turn-social-distancing-into-distant-socializing/>

Provides their recommendations of which of the apps out there you and your (perhaps not as tech-savvy) friends and family could use, whether it's for a coffee meeting, a family get-together or a late-night gaming hangout. Their list is for individuals looking for a free solution to easily connect with others, not for small businesses or enterprises. The focus is on ease of use and features that make it attractive to ordinary people. Every app is free and cross-platform, meaning iOS and Android at least, with many supporting Macs and Windows machines as well.

<https://www.vox.com/2020/3/21/21185750/how-to-group-chat-watch-movies-games-netflix-discord-zoom-coronavirus-internet>

This article outlines the huge array of ways to connect online and do things you might once have done face to face. Just to highlight though it is a selection of possibilities rather than specific recommendations and you are encouraged to use your own judgement as to what might suit you or your family.

## SOCIAL MEDIA & THE NEWS

**The Good** - There are many **Facebook and other social media groups** popping up to support people at home with suggestions of what to do and how to occupy yourself and children. I have not reviewed every single social media platform or group but here are a few ideas to think about:

**Facebook – check group rules or ‘about’ for what is allowed or encouraged – for example** ‘Family Lockdown Tips & Advice’ – reports to not approve any posts related to the virus or social distancing but encourages recommendations & ideas of things to do. Remember you can search Facebook pages & most social media for what you want by clicking on the little magnifying glass whether it’s for ‘online singing’ or ‘kids education’.

There are also many **YouTube** (& similar platforms) with videos & live streams of educational activities for children

<https://slate.com/culture/2020/03/coronavirus-best-free-live-streams-sondheim-instagram.html>

This article just gives a few ideas of the sort of things which have gone on-line

**The bad and the ugly** – there are also a lot of anxiety provoking posts circulating highlighting scary statistics and stories as well as spreading ‘false news’ and myths about the virus (e.g. how to cure it, how to prevent it and how long it might survive) – **Particularly if you are finding these stories fuel your anxiety limit your news intake to once a day, avoid reading social media posts about coronavirus and only use approved NHS or government websites to check for the most up to date information on the virus**

<https://www.gov.uk/coronavirus>

## IMPROVE YOUR SLEEP

Feelings of uncertainty and changes to daily life may mean you have more difficulty sleeping.

There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day, even at the weekend if you can, and try to get some natural sunlight (by opening your curtains and windows) where possible. This helps to regulate your body clock which can help you sleep better.

Alternatively you could aim to stop worrying about sleep or trying so hard to sleep!

<https://stevenchayes.com/having-a-hard-time-sleeping-do-nothing/>

**The sleep school** offer an ACT approach to Insomnia or struggles with sleep. <https://thesleepschool.org/>



ACT for Insomniacs.  
Meadows.pdf

## **RESOURCES FOR CHILDREN & YOUNG PEOPLE: TALKING ABOUT COVID-19 & REDUCING WORRY**

### **Talk to Children & Young People about Covid-19**

#### **Tips for parents and carers include:**

- Stress and anxiety in such an unusual and unpredictable situation is normal.
- Be mindful of the delicate balance between reducing any anxiety & getting them to follow the guidance to prevent infection (let's face it happy birthday is boring the 99<sup>th</sup> time, especially when you have a game to get back to!).
- Children can sometimes believe that they are responsible for events that are beyond their control – reassure them that it is the adults' job to keep them safe.
- Friendships are key to maintaining resilience for children, so help them to maintain these relationships through phone calls, online communication, and writing letters.
- Having a routine and structure helps children to feel secure in uncertain times.
- Restrict access to rolling news coverage.
- Play is fundamental to the wellbeing and development of children of all ages, and a great way to reduce stress in adults.

#### **I have copied this from a BPS post by Dr Roman Raczka, DCP England Lead:**

There is some specific info for children and young people, children perceive risk differently and do not know how worried to be; many of them are very worried and have been since the start of the outbreak, and are also very worried about their grandparents and any family or friends with underlying health conditions. Parents are going to have a key role in helping their children understand what is going on, providing information and reassurance, limiting media overload for their children, and being aware of how their own reactions might impact on their children.

#### **The following links may be useful:**

Thinking about **0-3 year olds**: <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

**BBC newshound** video from Dr Chris and Dr Xand from Operation Ouch

<https://www.bbc.co.uk/newsround/51861089> (this is fabulous and very accessible - Operation Ouch is by far the best programme on telly, in my opinion!)

**Unicef guidance** for parents: <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

**Social story** idea for children <https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-.pdf> and a comic for children about corona virus

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Emerging Minds Australia about talking to children about worrying events <https://vimeo.com/394049129>

#### **BPS Has also released this Guidance on talking to children**



BPS Talking to children about illness:

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20illness.pdf>



**If you are struggling with how to talk to you children about this 'new normal' you may find these helpful:**

**1.....Tips to share with children to help them cope with the new normal**

<https://weneedtotalkaboutchildrensmentalhealth.wordpress.com/2020/03/27/tips-to-share-with-children-to-help-them-cope-with-the-new-normal/>

**.....and getting through lockdown together with teenagers**

<https://weneedtotalkaboutchildrensmentalhealth.wordpress.com/2020/03/29/2and-getting-through-lockdown-together-with-teenagers/>

**Just For Kids: A Comic Exploring The New Coronavirus**- This came from US National Public Radio. It was recorded end of February so be aware latest guidance may change.

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1585067959079>

**National Child Traumatic Stress Network: Parent/Caregiver Guide to Helping Families Cope With COVID-19**

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

## **RESOURCES FOR CHILDREN WITH SPECIAL EDUCATIONAL NEEDS**

We are living in very uncertain times, but we have put some COVID-19 SEND specific downloads on this page that we hope are helpful.

<https://www.sunshine-support.org/covid-19-downloads>

## **Autism**

If you are supporting a person or child with an Autistic spectrum condition or have ASC yourself you may find these resources from the **National Autistic Society** helpful:

<https://www.autism.org.uk/services/helplines/coronavirus.aspx>

**Autism NI** also have a range of resources for supporting For Children & adults

<http://www.autismni.org/resources.html>

## FOR EDUCATION & SCHOOLING

This is one of several websites suggesting resources & tools for home learning

<https://www.twinkl.co.uk/resources/covid19-school-closures>

<https://www.twinkl.co.uk/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-parents>

**Going online** - Many things are also popping up on social media

Such as **Daily #LockdownSTEM challenge** on Facebook

And other events such as museums have introduced virtual tours

<https://www.hellomagazine.com/travel/2020031886508/virtual-tours-museums-galleries-zoos/>

<https://www.manchestereveningnews.co.uk/whats-on/family-kids-news/zoos-watch-animals-live-cameras-17975007>

### Keeping Active

There are lots of resources coming out for children here's just a few:

**PE with Joe Wicks – daily PE lessons via YouTube**

<https://youtu.be/Rz0go1pTda8>

**Sport England** have relaunched their [sportengland.org](https://www.sportengland.org) webpage to advise how to keep active while at home. It now includes resources on workouts you can do indoors with your children. If you are tight for space, their

**Disney dance-along videos** created by This Girl Can are a fun and compact way to exercise.

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

They also have links to games and activities for indoor play that means kids will be up and moving throughout the day.

<https://www.nhs.uk/change4life/activities/indoor-activities>

**Even Superhero or Harry Potter themed workouts for kids!** (but beware they tend to be quite short)

<https://www.youtube.com/playlist?list=PLvuT1Bjs2VSF0Yqahj8VAKBwyYFnLJIDa>

**Cosmic Kids Yoga**

<https://www.youtube.com/user/CosmicKidsYoga/featured>

**Free audible stories for Children**

<https://stories.audible.com/start-listen>

## **WORKING FROM HOME**

There are a range of resources available to support you with the switch to working from home. Some are specifically tailored to the current context others predate coronavirus but provide useful tips.

### **Coronavirus and isolation: supporting yourself and your colleagues Toolkit**

**A collection of resources to support your mental health whilst working from home**

<https://www.mentalhealthatwork.org.uk/toolkit/coronavirus-and-isolation-supporting-yourself-and-your-colleagues/>

### **HELPING YOU THRIVE Remote Working Survival Kit**

This is a crowdsourced effort to help people and organisations with remote working at this time of acute need - the reasoning is that the better people are able to do this the more effective it will be and the better the outcome for society, with less risk of the rapid spread of disease which benefits everyone.



RemoteWorkSurvivalToolkitv1.2\_1403.p

### **A Work from home Guide**

This work from home guide has helpful considerations and was not developed specifically within context of coronavirus.

<https://www.marshcommercial.co.uk/media-library/files/insurance/coronavirus/guide-to-working-from-home.pdf>

### **The Leapers Little Guide to... Working well from home under self-quarantine for Coronavirus.**

<https://www.leapers.co/resources/little-guides/coronavirus-working-from-home>

## **FOR WORKING PARENTS [HTTPS://ACCESS.PARENTSCHEME.COM/](https://access.parentscheme.com/)**

This guidance is intended to support working parents during the COVID-19 pandemic. It has been developed by frontline doctors, lawyers, HR professionals and wellbeing coaches. It is not intended to replace or change the advice given by Public Health England, NHS England or your personal health care providers, which remain the authoritative sources for guidance. This content will be updated on a daily basis.

# MANAGING THE UNDERSTANDABLE ANXIETY & UNCERTAINTY

## Coronavirus Emotional Self-care in a nutshell:

- **Acknowledge the stress, know that any anxiety and fear is normal**
- Don't spend too much time fixated on negative news stories and social media posts.
- Anxiety and fear often make us want to hide away but we become stronger when we connect with other people and maintain a sense of community. Connect, reach out, find ways to stay in contact with other people.
- If you're at home (with or without family), maintain or establish daily routines. It can be tempting to sit in front of the television all day and fixate on all of the awful things happening across the world but this will not help.
- Find ways to exercise (online videos/classes) and eat healthily. Think of activities that you enjoy. Be creative.
- Get some fresh air and time outside if possible. Look at the sky, listen to the birds, connect with nature.
- Talk to other people as much as possible. Share your fears and anxieties. Combat feelings of loneliness by talking to other people – in person, on the telephone, online.
- If you feel overwhelmed with anxiety then find ways to calm down – a bath, breathing exercises, meditation, some relaxing music. Utilise the strategies and strengths you have already.
- Be KIND to yourself. It is understandable you feel anxious, lonely, depressed. This is a really uncertain and difficult time.
- Remember that this period is finite, it will pass and "normal" life will resume again.

## A Useful Resource

compiled by CWP Wirral Adult Psychology Service in Collaboration with Lived Experience volunteers covers:

- How we might be effected emotionally by coronavirus
- How we can try to manage our worry
- Grounding exercise
- Managing Coronavirus anxiety
- Coping with Stress during the out break
- Daily Planner
- Understanding Anxiety
- Sleep



Covid-19 Self-Help  
Pack B WIRRAL.pdf

**There is also a version for Wirral residents with specific local information**



Covid-19 Self-Help  
Pack A WIRRAL.pdf

## **CORONAVIRUS – EMOTIONAL REACTIONS - WHAT’S A “NORMAL” RESPONSE?**

A world-wide pandemic of this scale & magnitude is not something most of us will have experienced or encountered in the past. Faced with this degree of change & uncertainty, it's normal to feel anxious, shocked & confused.



LTS-Coronavirus-Em  
otional-Reactions-.p

## **BUILDING YOUR WELLBEING AND HELPING YOU COPE**

If you or someone you know is struggling with this very challenging situation we are all in, please keep reading for ways to feel a bit calmer and ideas to help you cope.

<http://learn.4mentalhealth.com/sites/default/files/courses/wb7/index.html#/>

## **ACCEPTANCE, COMPASSION & MINDFULNESS**

Are all useful ways of responding to difficult situations, thoughts and feelings that we perhaps can't change. They offer ways of coping or responding which enable us to do what is effective, fits with our values and is kind to ourselves and others. For that reason the resources and ideas suggested below link mostly to **ACT** (acceptance & commitment Therapy) & **Mindfulness** (paying attention in the here & now without judgment). That is not to say other things won't be useful but this is one shortlist!

### ***Living with worry and anxiety amidst global uncertainty***

[https://www.psychologytools.com/assets/covid-19/guide\\_to\\_living\\_with\\_worry\\_and\\_anxiety\\_amidst\\_global\\_uncertainty\\_en-gb.pdf](https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf)



guide\_to\_living\_wit  
h\_worry\_and\_anxiet

### ***The ACT Approach to Handling Anxiety Like a Human Being***

This article gives a good overview of ACT and has some additional links too.

<https://workingwithact.com/2020/03/16/the-act-approach-to-handling-anxiety-like-a-human-being/>

## **MINDFULNESS & AUDIO**

### ***The Free Mindfulness Project***

The outbreak of coronavirus and subsequent classification as a pandemic has led to significant changes for many of us across the world. We are reducing our social contacts with others, but also having to adapt to challenging circumstances in terms of our work, home life or financial situation.

Many mindfulness organisations and individual teachers are exploring ways to provide free access to mindfulness. The Free Mindfulness Project aims to map these free mindfulness-related resources and to list them here for easy access. <http://www.freemindfulness.org/covid19>

### ***The Oxford Mindfulness Centre*** <https://oxfordmindfulness.org/online-sessions-podcasts/>

Is offering weekly online mindfulness sessions, open to those who feel they would benefit. These sessions are completely free and open to the general public, meaning you do not need prior mindfulness experience or

practice to take part. Each session will also be available as a free podcast shortly after for anyone who missed the live session or wishes to practice again.

### ***Free Audio recordings for mindfulness and grounding***

<https://www.actmindfully.com.au/free-stuff/free-audio/>

### ***Guided Meditations and Exercises with a Compassion Focus***

<https://centerformsc.org/practice-msc/guided-meditations-and-exercises/>

### ***ACT Companion: The Happiness Trap App –***

**available free of charge until the end of June.** Just download the app from the Apple app store or Google Play store and then enter the **code TOGETHER** on the subscription page to unlock all the app content for three months. The code is valid until the end of June.

**NB:** Unfortunately the app is not compatible with the latest version of Android, so may not be supported on some newer Android devices.

### ***A Good ACT resource: FACE COVID***

**F** = Focus on what's in your control

**A** = Acknowledge your thoughts & feelings

**C** = Come back into your body

**E** = Engage in what you're doing

**O** = Opening up

**V** = Values

**I** = Identify resources

**D** = Disinfect & distance

**C** = Committed action



FACE-COVID-eBook  
-by-Russ-Harris-Mar

<https://drive.google.com/file/d/117HY4z4mY5izJpR44ejuZ8rhTyoWEGEG/view>

& a Video version <https://www.youtube.com/watch?v=BmvNCdpHUYM>



FACE COVID poster.png

# FACE COVID

POSITIVE  
VIBES

F = Focus on what is in your control

A = Acknowledge your thoughts and feelings

C = Come back into your body

E = Engage in what you are doing

C = Committed Action

O = Opening up

V = Values

I = Identify resources

D = Disinfect and Distance

## Focus on what is in your control

When we are facing a crisis of any sort, we are bound to feel both fear and anxiety. These are normal natural responses to challenging situations and uncertainty.

It's all too easy to get lost in worrying and ruminating about all sorts of things that are out of your control.

You can't control what happens in the future. You can't control Corona virus itself or the world economy or how your government manages this. And you can't magically control your feelings, eliminating all that perfectly natural fear and anxiety.

**BUT YOU CAN CONTROL WHAT YOU DO - HERE AND NOW. AND THAT MATTERS.**



### Acknowledge your thoughts and feelings

What thoughts, feelings, emotions, memories and urges are showing up inside of you?



### Come back into your body

Come back into and connect with your physical body.



### Engage in what you are doing

Focus your attention on the activity you are doing



### Committed Action

Consider what are the simple ways to look after yourself  
What are the most effective ways to spend time?



### Opening up

Make room for difficult feelings and be kind to yourself.

Ask yourself if someone you loved was going through this how would I treat them? What might I say or do?  
Then try and treat yourself the same way!



### Values

Be guided by what you value in life.  
What sort of person do you want to be?  
How do you want to treat yourself and others?



### Identify Resources

Offer support to others and use trustworthy and reliable guidance  
[www.who.int/emergencies/diseases/novel-coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019)



### Disinfect and Distance Physically

Disinfect your hands regularly and keep a safe physical distance from other people

## **POSITIVE PSYCHOLOGY CRISIS KIT**

This Crisis Kit was developed to help practitioners help their clients through tough times like these. It contains five of tools from Positive Psychology Toolkit that can be used to help clients:

- use their mental resources well
- connect to a place of inner peace
- become aware of factors within and beyond personal control
- practice acceptance-based coping
- remain calm and composed in the face of stress

These tools are all based on scientific research and you will find the references included. They're also developed to be highly practical and can be applied in many different therapeutic settings.

The exercises are:

1. Eye of the Hurricane Meditation
2. Dealing With Uncontrollable Circumstances
3. The Unwanted Guest
4. Window of Tolerance
5. My Resilience Plan (The Four S's)

Although designed for practitioners to use with clients many clients will be able to work through them independently.



The-Crisis-Kit.pdf



## **COPING WITH FAMILY CONFLICT OR VIOLENCE**

[Women's Aid](#) has issued safety [advice](#) for women isolating in abusive households during the [coronavirus](#) lockdown. They know that COVID-19 will have serious impacts on the lives of women and children and that people are feeling unsafe with the prospect of being isolated in the house with their perpetrator. Women's Aid want to reassure survivors and local specialist services that they are here for you and will be doing everything they can to support you during this challenging time.

<https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/>

If you are in this situation Familiarise yourself with **The Silent Solution system**. This is a system for victims of domestic abuse who might be afraid of further danger and escalation of harm if they are overheard when calling 999 in an emergency.

When somebody calls 999, an operator will ask which emergency service is required. If the caller is unable to audibly signal to the operator, the call will be forwarded to an operating system.

If 55 is pressed by the caller, the system will detect this. The operator will then transfer the call to the relevant police force as an emergency. [Click here to find out more.](#)

National helplines, email, text and live chat support services, and local specialist services, are currently open for business as usual, although their delivery is likely to have to adapt over the coming weeks.

*Anyone who requires help or support can contact the National Domestic Violence Helpline which is open 24/7 365 days per year on 0808 2000 247 or via their website*

[www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)

### **Free Confidential Housing Information & Support**

The charity [Shelter](#) also provides free confidential housing information, support and legal advice on all housing and homelessness issues.

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

## **RESOURCES FOR MENTAL HEALTH DIFFICULTIES**

If your usual support or therapy has been put on hold, is less frequent or has been changed to telephone support you may be looking for self help tools and resources to help you get through the next few weeks.

The next section of this pack provides some self help options for coping with:

- **Distress and dysregulated emotions**
- **Suicide thoughts**
- **OCD**
- **Health Anxiety**
- **Trauma**
- **Psychosis**
- **Supporting People with Dementia**
- **Children & Young People**

**Apps & other resources**

**Local Voluntary & Charitable Supports**

## RESOURCES FOR FEELINGS OF EXTREME DISTRESS

DBT is one of the most effective therapeutic treatment approaches for issues related to emotional dysregulation. Focusing on the psychosocial aspects of therapy and development of skills for dealing with highly charged emotional situations. These skills cover:

- Mindfulness
- Tolerating distress & getting through Crisis
- Regulating your emotions
- Improving relationships & assertiveness

If you want to look at different options this article provides information about different websites with downloadable resources and information <https://www.unk.com/blog/top-ten-sites-for-dbt-worksheets/>

If you are feeling overwhelmed and need something right now - **STOP !**

Just pause for a moment **TAKE A BREATH** [Notice your breathing as you breathe](#) in and out. In through the nose, out through the mouth.

**OBSERVE** what are you thinking? Where is your [focus of attention](#)? What are you reacting to? What are you feeling in your body?

**PULL BACK - PUT IN SOME PERSPECTIVE** See the bigger picture. **DON'T BELIEVE EVERYTHING YOU THINK!**

How might someone else see this? What advice would I give a friend?

Is this thought a [fact or opinion](#)?

How important is this? How important will it be in 6 months time? [It will pass.](#)

**PRACTISE WHAT WORKS - PROCEED**

What's the best thing to do for me, for others for this situation?

<https://www.getselfhelp.co.uk/stopp.htm>

### DBT Self Help work books

If you are looking for **something that covers the four different areas of DBT** you might find these full DBT self help work books useful:



DealingwithDistress.pdf

<https://www.getselfhelp.co.uk/docs/DealingwithDistress.pdf>

**This Focuses more fully on tolerating distress, coping, changing what you can & accepting what you can't.**



Facing Your Feelings Distress Tolerance work book.zip

<https://www.cci.health.wa.gov.au/Resources/For-Clinicians/Distress-Tolerance>



Distress-Tolerance-Decision-Tree.pdf

**Which Distress Tolerance Skills to use flow chart:**

Developed for Young People but useful for Adults too <http://cwpcamhscentre.mymind.org.uk/4d-toolkit/>



## Crisis Survival - TIPP



### T – Temperature

Change your body temperature using cold water or ice.



### I – Intense exercise

Walk quickly. Climb the stairs. Jump up and down. Run on the spot.



### P – Paced breathing

Breathe in to the count of 5, hold then breath out to the count of 7.



### P – Paired muscle relaxation

Tense your muscles when breathing in and relax them when breathing out.

(Lindhan, 2014).

### Temperature

Why it works We can induce the dive reflex by putting our face in very cold water while holding our breath, it starts to work after around 30-60 secs. This reflex lowers our heart rate to below its normal resting rate. **Caution: Never try this if you have any heart problems without your doctors permission.**

How to do it. Hold your breath while putting your face under very cold water, as far as your temples. Try and stay in the water for 30secs.

Alternatively you can try holding an ice pack on your eyes and cheek area for 30 sec while holding your breath. The effect is increased if you stand and bend your head over while doing this skill. It's an unusual sensation give it a try to feel how it works before a crisis. Keep ice packs in the freezer ready.

### Intense exercise

Why it works Anxiety decreases when our heart rate gets up to 70% of its maximum & positive emotions are increased after 20 to 30 mins intense exercise.

How to do it Do intense aerobic activity for 20 mins. E.g. running, jumping jacks, walking, cycling.

### Paced breathing

Why it works Our bodies naturally relax when we breathe out, so if we can slow our breathing down & breathe out for longer than we breathe in then we start to relax. This can be used at anytime.

How to do it Breathe in deeply, using your diaphragm (abdomen). Count the number of seconds for each breath in and each breath out. **Aim to breathe out for a longer count than you breathe in.** Count your breath, so if you're counting 4 for the in breath, then count 5 or 6 when breathing out.

### Paired muscle relaxation

Why it works When we create tension in a muscle then release the tension the muscle has to relax.

How to do it The pairing comes from relaxing the muscles at the same time as breathing out. Tense an area of the body, notice the tension and hold the tension for 5 - 10 seconds. Then release the tension and relax for 5 -10 seconds. When relaxing the muscle, breathe out and say the word "Relax". Continue with different areas of the body. Notice how the body feels when it is tense, and when it is relaxed. It takes practice to be able to do all these things at the same time.

## IF YOUR MIND IS YOUR WORST CRITIC

If you find your mind is constantly putting you down or repeating every nasty word you've had directed at you finding ways to 'unhook' from everything your mind tells you or develop Self Compassion can be helpful.

### Self Compassion

We are often supportive, understanding and compassionate to others, but are much harsher and critical towards ourselves in the same situation. Learning to be more compassionate with ourselves leads to a calmer mind, better relationships, less anxiety and depression, and an increased sense of self worth.



Compassion.pdf

<https://www.getselfhelp.co.uk/docs/Compassion.pdf>

**From Self-Criticism to Self-Kindness:** This workbook is designed to provide you with some information and practical skills to help you be less critical and more compassionate towards yourself. It is organised into 7 modules that are designed to be worked through in sequence. They recommend that you complete one module before going on to the next. Each module includes information, worksheets, and suggested exercises or activities.

<https://www.cci.health.wa.gov.au/Resources/For-Clinicians/Self-Compassion>

### Self-Compassion Audio and Exercises

A range of [Self-Compassion Guided Meditations and Exercises](https://self-compassion.org/category/exercises/)

<https://self-compassion.org/category/exercises/>

**'Compassion in the time of Coronavirus'** This 13-minute practice is a way to hold yourself and all those around you in a heart of compassion

<https://jackkornfield.com/compassion-in-the-time-of-coronavirus/>

### Mindful Compassion Audio

Audio meditations to listen to via streaming or download them to your own device, all available for. These exercises are some of the central practices used CFT, ACT and *Fierce Compassion* group work.

<http://www.mindfulcompassion.com/what-we-do-1-1>

**Unhooking or Defusing Techniques: Don't Believe Everything You Think!**

<https://www.getselfhelp.co.uk/defusion.htm>

## **SURVIVING SUICIDE THOUGHTS**

**If you're struggling and you're not sure if you want to live or die, can you, just for now hold off making this decision and keep reading.....**

There are times in life when we might feel totally, hopeless, helpless, overwhelmed with emotional pain. It can seem like there is no other way out of our problems, we've run out of ideas, possible solutions. Our problems seem unfixable. The pain feels like it will never end. We believe suicide is the only answer left.

You may feel like you do for good reasons and suicide might seem like a solution, perhaps a way to escape, but those feelings will change and fluctuate. Suicidal thoughts are a sign to change something in your life - NOT to END your life. **The Feelings will pass.** The ideas in this pack will hopefully provide tools and strategies to cope or help them pass without doing things which might make it worse in the long run.

### Tools for coping with Suicide thoughts



CopingSuicidalThoughts.pdf

<https://www.getselfhelp.co.uk/docs/CopingSuicidalThoughts.pdf>

### ***Rethink***

This page may help you if you are dealing with suicidal thoughts. It has ideas you can try to help you through a crisis. It explains how you can stay safe and where you can go for support.

<https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-symptoms/suicidal-thoughts-how-to-cope/>

### ***Shining a light on suicide***

Shining a Light on Suicide is a local campaign through which aims to help prevent suicide by encouraging people to talk about it. The Shining a Light on Suicide website has a range of support and resources.

Visit: [www.shiningalightonsuicide.org.uk/](http://www.shiningalightonsuicide.org.uk/)

### **Other resources which might help you get through the next few minutes or hours include:**

<https://www.mind.org.uk/need-urgent-help/using-this-tool/>

<https://www.stayingsafe.net/home>

\*If you need to adapt any of the ideas to fit with social distancing or self isolation go to the section on 'Coping at Home with Self isolation, 'Lockdown' & Social distancing' for ideas

### **Making your own safety plan**

A safety plan is a personalised plan to support you step-by-step at times when you may be thinking about suicide.

<https://www.stayingsafe.net/node/7>

### **Making a Crisis (survival or hope) Box**

You can call it whatever you like. The idea of a crisis box is that it is filled with items that make you feel better. You can use it when you feel anxious, stressed or suicidal. Here are some ideas as to what to put in yours:



Hope-box.pdf

<https://papyrus-uk.org/wp-content/uploads/2018/09/Hope-box.pdf>

Or <https://www.getselfhelp.co.uk/emergency.htm>

**If you need someone to talk to right now**

You can still contact your usual NHS team or crisis team. In addition, Many vital online and helpline services remain accessible despite the ongoing situation with coronavirus.

[https://www.stayingsafe.net/need\\_help\\_now](https://www.stayingsafe.net/need_help_now)

**There is Hope**  
Reach Out and Talk

<b>Samaritans</b> Call: 116 123 24/7 365 days a year	<b>CALM</b> 0800 58 58 58 Men's helpline 5pm-Midnight
<b>Shout</b> Text Shout to 85258 24/7 Crisis Text Line	<b>Papyrus</b> 0800 068 4141 Young people's helpline 2-10pm

**Every life matters** ...

Talking about suicide saves lives

<https://www.nhs.uk/conditions/suicide/>

**Childline**– for children and young people under 19 <https://www.childline.org.uk/>

**Call 0800 1111**– the number will not show up on your phone bill

## OCD

People struggling with OCD might be finding that the current worry and uncertainty around the Coronavirus situation has really strengthened OCD and increased the demands it makes on them. OCD can claim to offer a way to feel better, reduce the fear or discomfort and gain some sense of control (very appealing at the moment). Unfortunately any relief it offers tends to be only brief and it often ups its demands and requirements, leading people to be more and or trapped by it.

### **Resources for the OCD and related disorders community during the COVID-19 outbreak**

The International OCD Foundation have put together the following resources that you may find useful.

<https://iocdf.org/covid19/#more-info>

### **These links offer a starting point for challenging OCD within the corona virus context**

<https://www.wheretotalk.org/ocd-obsessive-compulsive-disorder-coronavirus-helpful-advice/>

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

### **And this suggests some self help resources**

<https://www.ocduk.org/overcoming-ocd/self-help/>

**This podcast** with Russ Harris (ACT therapist) demonstrates several exercises, discusses the choice point, his book The Happiness Trap, living a value led life, applying ACT principals when feeling emotionally overwhelmed, and much much more. Hope it helps.

<https://theocdstories.com/podcast/dr-russ-harris-the-happiness-trap/>



## **HEALTH ANXIETY**

To worry about your health is a normal human experience, even more so within the context of coronavirus. People affected by health anxiety have an obsessional preoccupation with the idea that they are currently (or will be) experiencing a physical illness. The person experiencing health anxiety may fixate on any type of illness and become convinced that harmless physical symptoms are indicators of serious disease or severe medical conditions. For example, if a person experiencing health anxiety feels their chest is getting tight, they may believe that they are having a heart attack.

Health anxiety is problematic when it is excessive, out of proportion to the realistic chances of having a serious problem, persists despite negative tests and reassurance from health professionals, leads to excessive unhelpful behaviours such as body-checking and medical test-seeking, and causes you significant distress or impacts on your functioning.

Health anxiety can exist in people who are “healthy”, in people who are experiencing real yet unexplained medical symptoms, and in people who have an existing and diagnosed medical condition. **In health anxiety the issue is not whether your physical symptoms are real, but whether you are responding to and coping with your symptoms in a helpful or unhelpful way.**

**People who have previously struggled with health anxiety or those who were not affected by this before may find they become preoccupied with any symptoms which might be indicators of coronavirus.**

### **Self Help Resources for Health Anxiety**

You may find the resources listed within the [Managing the understandable Anxiety & Uncertainty](#) or OCD section helpful

**In addition here are a range of self help tool packs for you to choose from:**

**A CBT based self help pack produced by Northumberland Tyne & Wear NHS**

<https://www.nhs.uk/conditions/hypochondria/documents/health%20anxiety%20a4%20%202010.pdf>

**This self help package brings together CBT & mindfulness approaches:**

<https://www.getselfhelp.co.uk/healthanxiety.htm>

### **Overcoming Health Anxiety Workbooks:**

This comprehensive information package is designed to provide you with some information about health anxiety, including how it develops, how it is maintained & how to decrease your health worries and concerns. It is organised into modules that are designed to be worked through in sequence. They recommend that you complete one module before going on to the next. Each module includes information, worksheets, and suggested exercises or activities.

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Health-Anxiety>

### **Anxiety UK**

Have put together a range of information, resources and support for helping you understand how to deal with your anxiety during these difficult times while Coronavirus (COVID-19) is impacting on our lives.

<https://www.anxietyuk.org.uk/coronanxiety-support-resources/>

## **TRAUMA RELATED RESOURCES**

Many of the resources in the section above will be useful in managing the difficult feelings linked to trauma but for more specific information which provides psychoeducation about the impact of traumatic experiences.

**Trauma is Really Strange** – This little book provides an easy to understand summary of the effects of trauma <https://student.londonmet.ac.uk/media/london-metropolitan-university/london-met-documents/professional-service-departments/student-services/counselling-service/trauma-is-really-strange.pdf>

**Carolyn Spring** is a survivor of abuse and trauma who has developed a range of resources and training to help people who are struggling with the effects of complex, often childhood trauma or abuse and coping with dissociation of varying degrees. She emphasises in a validating and compassionate way the importance of developing a sense of safety, understanding the effects of trauma and the things people can do to help themselves.

On her website she has a fairly easy to listen to podcast <https://www.carolynspring.com/podcasts/>  
And an extensive Blog <https://www.carolynspring.com/blog/>

### **Trauma Stabilisation Pack**

This is a range of self-help guides, produced by service users and the psychology team in Cwm Taf UHB, to help people who are experiencing reactions to trauma and provide advice on managing these symptoms. <https://cwmtafmorgannwg.wales/services/mental-health/stabilisation-pack/>

## **Other Helpful Ways of Coping with trauma:**

**Dropping anchor** can be a really useful grounding technique:



Dropping Anchor - poster.pdf



Dropping Anchor FB Phone-Friendly.p



The\_Single\_Most\_Powerful\_Technique\_

**If you prefer here are some audio versions**

<https://www.actmindfully.com.au/free-stuff/free-audio/>

<https://contextualconsulting.co.uk/insights/free-act-resources-from-russ-harris>

### **Ideas for coping with flashbacks**



CopingwithFlashbacks.pdf

### **PTSD Self help**



PTSDselfhelp.pdf

<https://www.getselfhelp.co.uk/docs/PTSDselfhelp.pdf>

## **COPING WITH EXPERIENCES WHICH MIGHT BE LABELLED PSYCHOSIS.**

[Eleanor Longden's TED Talk](#) illustrates the importance of offering Treatment choice to people both about treatments they are offered and the ways in which their experiences are understood.

Sometimes experiencing unusual experiences, hearing voices or having strong beliefs, such as 'paranoia' which others don't agree with can be the result of trauma. If you think that applies to you might want to have a look at the above section on trauma too.

Many individuals who are having experiences that may be labelled as Psychosis will also be experiencing difficulties with anxiety, low mood, sleep difficulties, worry, stigma and low self esteem. These issues can be dealt with using standard protocols e.g. CBT, ACT, CFT

Different people may find different approaches helpful. It may be useful to encourage the individual to try out different approaches to see what works best for them.

- Cognitive Behavioural Therapy (CBT) can be very effective for reducing distress associated with difficulties such as hearing voices or experiencing unusual or suspicious beliefs.
- The Hearing voices network, Engaging with voices or Compassion for voices and ACT instead focus on finding ways to live more easily with these experiences.

## **HEARING VOICES RESOURCES**

**Understanding Voices(UV)** <https://understandingvoices.com/>

Is a website that aims to make it easier for people to find information about different approaches to voice-hearing and ways of supporting those who are struggling with the voices they hear. It has been produced by [Hearing the Voice](#) (Durham University) in close collaboration with voice-hearers, their families and allies, and mental health professionals.

The website covers a wide variety of topics, ranging from what it is like to hear voices and what's happening in the brain, through to the pros and cons of medication, cognitive behavioural therapy and peer support. It presents practical techniques for managing distressing voices, information for families & friends, & also sheds light on the links between voice-hearing & inner speech, trauma, creativity and spiritual or religious experience.

### ***Strategies for coping with Distressing voices***



strat\_for\_coping\_wi  
th\_distressing\_voice

**The Open minded online Website** <https://openmindedonline.com/resources/>

Provides a range of resources for living more easily with voices including a Self Help Guide to talking with voices



self-help-guide-to-t  
alking-with-voices-r

<https://openmindedonline.files.wordpress.com/2019/09/self-help-guide-to-talking-with-voices-r.-may-and-e.-svanholmer-sep-2019.pdf>

## Changing the Power Relationship with Your Voices

The more we can understand about voices we are hearing and the issues they represent the easier they will be to deal with. By finding out more about them we make them less mysterious and therefore less scary. This hand-out looks at how to get to know the voices, how to strengthen your awareness and how to understand and work with the deeper issues the voices are indicating.

<http://rufusmay.com/2011/06/15/changing-the-power-relationship-with-your-voices/>

## Be good to yourself & Compassion for Voices

This is a resource from the Psychosis Research Unit which highlights the importance of being compassionate towards yourself in the face of mental health difficulties.

The leaflet offers helpful exercises aimed at increasing self-esteem and self-worth. In support of these exercises, the leaflet also provides information on other compassionate-focused resources which may be helpful.

To access a copy of the BE GOOD TO YOURSELF leaflet, please [CLICK HERE](#)

<http://www.psychosisresearch.com/wp-content/uploads/2019/07/Be-good-to-yourself.pdf>

**Open minded On line** provides a series of videos on engaging with voices which are intended as inspiration and support for people interested in compassionate approaches to voices.

<https://openmindedonline.com/portfolio/engaging-with-voices-videos/>

This is another website to support and promote compassionate approaches to voices and other experiences. It includes relevant resources, including the 5-minute film, 'Compassion for Voices: a tale of courage and hope.'

<http://compassionforvoices.com/websites/>

Some people also find **the Hearing Voices Network** a supportive and validating resource.

<http://www.hearing-voices.org/>

## FIXED & UNUSUAL OR PARANOID BELIEFS

[How can we tell](#) whether our suspicious thoughts are justified? A great one page handout encouraging more thoughtfulness about suspicious thoughts (paranoia)!



How-can-we-tell-w  
hether-our-suspicio

If you want more information on this approach and paranoia go to

<http://www.paranoidthoughts.com/about.php>

## Cognitive Behaviour Therapy (CBT)

CBT can be very effective for **reducing distress** associated with difficulties such as hearing voices or experiencing unusual or suspicious beliefs. CBT looks at how thoughts, feelings and behaviours are connected and interact with each other. CBT works by looking at ways in which we can break some of the connections within this cycle, for example by examining whether our thoughts are based on facts or are actually being driven by our fears, or whether what we are doing might be inadvertently maintaining our distress. This work is completed alongside the development of strategies that can help to manage distress and increase resilience.

CBT also looks at the underlying factors which may be precipitating difficulties the individual is experiencing, for example, trauma.

This self help guide assumes that you are already receiving some support from an appropriate mental health professional. <https://www.getselfhelp.co.uk/psychosis.htm>



PsychosisSelfHelp.pdf

**These CBT resources** can be used in multiple ways, for example tolerating unusual beliefs, voices or worry as well as considering alternative view points.

### Facts versus opinion



FACTorOPINION.pdf

**Thinking differently and different perspectives**– can be used to reframe unusual beliefs



Thinking%20differently-%20questions%

and



DifferentPerspectives.pdf

### Tolerating uncertainty



tolerating uncertainty.pdf

## SELF HELP BOOKS & READING:

### SELF HELP BOOKS

**Think your crazy? Think again A resource Book for Cognitive therapy for psychosis.** Morrison, Renton, French & Bentall (2008)

**Overcoming suspicious and Paranoid Thoughts.** Freeman, Freeman, Garety (2016)

**How to Keep Calm and carry on.** Freeman D, Freeman J (2013)

### OTHER USEFUL READING:

Bipolar disorder: <https://shop.bps.org.uk/understanding-bipolar-disorder.html>

Psychosis: <https://www.bps.org.uk/what-psychology/understanding-psychosis-and-schizophrenia>

Power threat meaning framework: <https://www.bps.org.uk/power-threat-meaning-framework>

## **SUPPORTING PEOPLE WITH DEMENTIA**

The outbreak of COVID-19 has resulted in a range of sudden changes to everyday life. This may be a particularly challenging time for carers supporting somebody with dementia. This document contains some general advice and signposting to support the wellbeing of people with dementia and their carers.



COVID 19 -  
Supporting someone 1

**The document gives more information on:**

### **Supporting understanding**

- Try not to overwhelm the person with too much information
- Consider using signs and prompts around the house
- Use distraction to help the person move on if they are confused or distressed

### **Routine and structure**

- Create a new routine within the home
- Try to stay physically active
- Consider limiting news reports on TV and radio

### **Social contact**

- Maintain social contact using other means, such as telephone and video

### **Monitor wellbeing**

- People with dementia can find it difficult to adapt to change
- Provide regular reassurance

### **Practical considerations**

- Plan ahead for getting food and medication supplies
- Ask for help from people you know

### **People with dementia living alone**

- Help people living alone with prompts, reminders and deliveries
- Use the contact numbers provided in the document

### **Taking care of yourself**

- Looking after your own needs is important
- This is an uncertain time - it is understandable to find it difficult

### **Sources of Information and Support**

## **CHILDREN & YOUNG PEOPLE**

### **THE CWP MY MIND WEBSITE** [HTTPS://WWW.MYMIND.ORG.UK/](https://www.mymind.org.uk/)

MyMind is a website for young people, parents, and professionals working with children & young people. Here you can find information on how to look after your mental health, how to access help and support, and details of support services in your local area.

It includes links to a range of resources to help you with mood, relationships or lifestyle factors

<https://www.mymind.org.uk/resources/>

**The 4D Toolkit** is a fantastic resource developed to support young people currently or previously involved in a DBT skills programme or receiving DBT. It might also be of interest to anybody that would like a short introduction to the ideas and practices of this therapeutic approach.

<http://cwpcamhscentre.mymind.org.uk/4d-toolkit/>

### **ACT Resources For Supporting Children & Adolescents**

<https://thrivingadolescent.com/> provides a range of ACT (Acceptance & Commitment Therapy) resources for children & young people. Resources might most usefully be selected a therapist/ clinician.

### **These are useful resources for parents or carers of children aged under 12**

<https://thrivingadolescent.com/wp-content/uploads/2016/10/DNA-v-families-tip-sheets-HayesCiarrochi-2016.pdf>

<https://thrivingadolescent.com/wp-content/uploads/2016/09/DNAv-tips-for-families-social-view-at-home-1.pdf>

<https://thrivingadolescent.com/wp-content/uploads/2016/05/DNA-v-Self-view-tip-sheet-for-kids-and-parents.pdf>

### ***If you need someone to talk to right now***

Many vital online and helpline services remain accessible despite the ongoing situation with coronavirus.

**PAPYRUS** Provide confidential suicide prevention advice for young people:

<https://papyrus-uk.org/help-advice-resources/>

If you are having thoughts of suicide or are concerned for a young person who might be you can contact **HOPELINEUK** for confidential support and practical advice.

**Call:** 0800 068 4141

**Text:** 07860039967

**Email:** [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

**Opening hours:** 9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays

**Childline**– for children and young people under 19 <https://www.childline.org.uk/>

**Call 0800 1111**– the number will not show up on your phone bill

## **STARTING POINTS FOR SELF HELP RESOURCES**

### **Websites with a Library of Self-Help Resources**

<https://getselfhelp.co.uk/selfhelp.htm>

<https://www.moodjuice.scot.nhs.uk/>

### **Eating Difficulties**

CWP Eating Disorder Service <http://www.creatinghopetogether.com/>

### **For Children, young people & Families**

The CWP CAMHS Website <https://www.mymind.org.uk>

## **APPS FOR YOUR PHONE OR TABLET**

There are so many apps available, free and paid, it is hard to know which are any good and which will suit you. Where possible the apps listed below are free to use and have been recommended by clinicians (although that doesn't mean they will suit everyone). Most are also available on Android and Apple.

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

**Apps suggested by MIND** <https://www.mindcharity.co.uk/advice-information/how-to-look-after-your-mental-health/apps-for-wellbeing-and-mental-health/>

### **Mersey Care's Self Help App**

Gives you access to a range of mental health self-help guides. These guides, some of which have been commended at the British Medical Association Patient Information Award, have been written by NHS clinical psychologists with contributions from service users. A PDF viewer is required to read the guides.



Here are some Specific Apps you may find helpful:

## **ACT**

### **The ACT Companion**

Develop and practice the skills you need to be present, open up & do what matters - with dozens of simple, yet powerful, interactive ACT exercises & tools based on the best-selling book, The Happiness Trap, by Dr Russ Harris.

**It is available free of charge until the end of June. Just download the app from the Apple app store or Google Play store and then enter the code TOGETHER on the subscription page to unlock all the app content for three months.** The code is valid until the end of June.

**NB:** Unfortunately the app is not compatible with the latest version of Android, so may not be supported on some newer Android devices.

### **ACT Coach**

Developed for Veterans, Servicemembers, and other people who are in Acceptance and Commitment Therapy in consultation with a therapist. It offers exercises, tools, information, and tracking logs so you can practice what you're learning in your daily life.

### **ACT iCoach**

A comprehensive app that covers all aspects of Acceptance Commitment Therapy.

Learn and practice ACT skills using video lessons and fun animations which helps you to remember skills longer. Features over video lessons and easy to read content from some of the leading ACT Practitioners and researchers in the world. You can also take notes on these lessons for future use.

## **Mindfulness**

### **Headspace (need to pay to access additional content)**

The Headspace app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus.

### **Smiling Mind**



Smiling Mind is program developed by psychologists and educators to make mindfulness meditation accessible to all. It 100% not for profit & includes an extensive library of mindfulness programs for all ages and purposes.

### **Stop Breathe & Think**

Another extensive mindfulness app with exercises for all ages and purposes. A lot is free to access but extra can be unlocked with a subscription.

## **For Trauma**

### **PTSD Coach**

Created by the VA's National Center for Post-Traumatic Stress Disorder (PTSD), PTSD Coach offers from a self-assessment for PTSD, opportunities to find support, positive self-talk, and anger management. You can customize tools based on your own individual needs and preferences, and integrate your own contacts, photos, and music.

## **Coping with distress or suicide thoughts**

### **Stay alive (Free to use)**

A pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

### **Calm Harm**

An app designed to help people resist or manage the urge to self-harm. It's private & password protected.

### **distrACT**

Gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts. The content has been created by doctors and experts in self-harming and suicide prevention. (free)

### **Virtual Hope Box**

The VHB contains simple tools to help with coping, relaxation, distraction and positive thinking. You can use the VHB to store a variety of rich multimedia content that you find personally supportive in times of need, e.g. family photos, videos and recorded messages from loved ones, inspirational quotes, music you find especially soothing, reminders of previous successes, positive life experiences and future aspirations. It provides positive activity planning, distraction tools, and interactive relaxation exercises including guided imagery, controlled breathing and muscle relaxation.

### **Dbt112**

With this DBT app you will quickly get a random distress tolerance skill to do. In addition, for each module, Mindfulness, Emotion Regulation, Managing relationships and Distress tolerance, are the skills represented and tutorials for these. Contains over 150 different suggestions on skill exercises. There is also the opportunity to create your own crisis list so you will always have it with you.

### **DBT Travel guide**

This app is meant for people who are following a Dialectical Behaviour Therapy (DBT) programme or want to start with such a programme. DBT provides tools for people to regulate their emotions and control their impulses. The DBT Travel Guide contains more than 200 different skills and mindfulness exercises. The app can provide support in moments of crisis through its crisis section.

## **For Anxiety or Low Mood**

### **FearTools**

An evidence-based app designed to help you combat anxiety, aiding you on your road to recovery. It designed for those suffering from General Anxiety, Phobias and Social Anxiety.

### **SAM: Self-help for Anxiety Management (Free to use)**

SAM is an app to help you understand and manage anxiety. The app has been developed in collaboration with a research team from UWE, Bristol. SAM will help you to understand what causes your anxiety, monitor your anxious thoughts & behaviour over time & manage your anxiety through self-help exercises & private reflection.

### **iChill**

iChill provides simple information about how stress affects the mind and body and guides you in the use of a set of wellness skills based on the Community Resiliency Model, a set of wellness skills. iChill is designed for all ages - children, teens and adults of all ages.

Designed by Trauma Resource Institute The Trauma Resiliency Model® and Community Resiliency Model® are designed to help individuals understand the biology of traumatic stress reactions and learn specific skills to return the body, mind and spirit back to balance after experiencing traumatic events.

### **Mood Tools - Depression Aid (Free to install. Contains in-app purchases)**

If you are feeling sad, anxious, or depressed, lift your mood with MoodTools. MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.

The app contains several different research-supported tools.

**Happify** - Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.

**Calm (not free)**

Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music.

**Sanvello** (Sanvello premium access is free to everyone during the COVID-19 crisis—no action required.)

Whether you manage an ongoing condition like anxiety or depression, deal with stress; have acute stress or anxiety related to an event like coronavirus; or want to improve your overall mental well-being, Sanvello aims to help you understand your thoughts, moods and behaviors. It claims to provide clinically validated techniques to help you manage your moods and thoughts, so you can understand what works for you to feel better.

\* This app should be available on apple & android but at the time of typing the google play link isn't working.

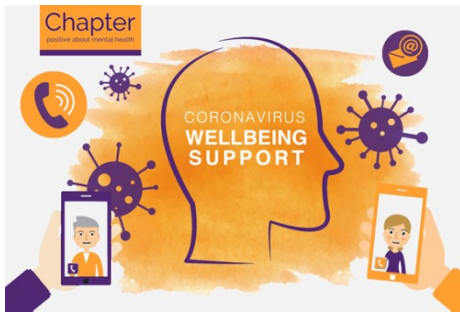
**Catch it (Free to use)**

Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary. The app was designed to illustrate some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioural Therapy (CBT).

**Mind Shift**

Mind Shift is designed specifically for teenagers and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.

## LOCAL VOLUNTARY & CHARITABLE SUPPORTS



### Chapter Coronavirus Wellbeing Support

Chapter is pleased to be launching a free telephone or video call support to people living with a mental health diagnosis who require additional support to manage their mental health and wellbeing as a result of the coronavirus outbreak

#### **Support available includes:**

- 1-2-1 support via telephone or video call with an experienced mental health and wellbeing coach.
- Support to build confidence and self-esteem, and manage anxieties and stress.
- Coaching to help you adapt to new ways of promoting positive mental health.
- Support to set SMART goals that help you work towards maintaining and managing your mental health and wellbeing.
- Signposting to other services that can help you achieve your goals.

Using a wellbeing star tailored to the coronavirus situation you will explore factors affecting your wellbeing. A wellbeing coach will help guide you through the wellbeing star, assisting you to identify areas of your life that are going well, and areas you might like to change.

#### **Who is eligible for the service?**

Currently, ***anyone 18 or over who resides in the West Cheshire area and has a diagnosed mental health condition.*** This includes common mental health and serious mental illness.

The service is particularly useful for individuals who normally manage their mental health and wellbeing independently, but require support as a result of uncertainty, anxieties or worries around coronavirus, or changes to their situation as a result of the coronavirus situation.

#### **How to access the service?**

We accept online self-referrals.

Professionals working within the field of mental health, social care and housing can also make referrals on behalf of individuals they are working with.

Visit [chaptermentalhealth.org/referrals](https://chaptermentalhealth.org/referrals)

## RESOURCES FOR CLINICIANS

### WHO Q&A video with Clinical Psychologist on Covid-19 and Mental Health (39 minutes)

<https://www.youtube.com/watch?v=zDx1LKkk5c4>

Recorded version of the live Q&A on mental health during COVID-19, with Aiysha Malik, Mental Health expert at WHO speaking with Sari Setiogi, Head of WHO's Social Media and Media Monitoring. The live show was broadcast on 10 March 2020.

### Your Psychosocial support and Wellbeing

This resource from NHS Scotland Highlights that the current COVID-19 pandemic will affect us all in different ways: physically, emotionally, socially and psychologically. Staff on the front line of healthcare services will experience varying levels of stress and distress at points. This is normal and predictable.

It outlines three key areas to consider in terms of a psychosocial response to COVID-19 – looking after yourself, your patients & your staff. The principles & strategies listed are based on good, reliable science that can help you manage the ongoing stress as effectively as possible. It has been collated to summarise the best available knowledge in this area at the current time with associated relevant links. It will be updated and added to on an ongoing basis. <https://learn.nes.nhs.scot/28063/coronavirus-covid-19/psychosocial-support-and-wellbeing>

### Trauma Informed Responses to COVID-19

Learn ways to implement responses to COVID-19 that are trauma informed with our latest resource, [Considerations for a Trauma Informed Response for Work Settings](https://traumainformedoregon.org/wp-content/uploads/2020/03/Considerations-for-COVID-19-Trauma-Informed-Response.pdf).

<https://traumainformedoregon.org/wp-content/uploads/2020/03/Considerations-for-COVID-19-Trauma-Informed-Response.pdf>

Consider these general trauma informed principles in your practice as you think about what is best for you and your community.

- **Safety** – How can you provide physical safety (e.g., access to essential services, safe spaces) but also emotional safety (e.g., someone is looking out for me).
- **Consistency** – In what ways can you promote consistency even as things are ever changing. For example, getting up at the same time even if you are not going to work, school, or services. Developing a routine/daily schedule for students at home.
- **Transparency** – How can you provide clear, direct, and accurate information and keep this updated? Consider offering multiple ways of information sharing (e.g., websites, videos with closed caption, twitter, email, flyers, etc.) and in multiple languages.
- **Peer Support** – How can you support each other in this response? Using technology to check in on how colleagues, friends, family, and neighbours are doing as well as sharing your ideas for coping. Join online groups that are supporting neighbours.
- **Collaboration** – How are your strategies including those impacted? Are communities included in the decisions and kept up to date?
- **Culturally Responsive** – Are you considering the cultural strengths and needs of the community as you plan responses? Who has and does not have access to resources?

### Mental Health and Psychosocial Considerations During COVID-19 Outbreak

These considerations were developed by the WHO's Department of Mental Health & Substance as messages targeting different groups to support for mental & psychosocial well-being during COVID-19 outbreak.

[https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af\\_2](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2)

Further WHO resources can be found here:

<http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/coronavirus-disease-covid-19-outbreak-technical-guidance-europe/mental-health-and-covid-19>

**Coronavirus – Psychological perspectives**

Several psychologists are actively working on the response to Covid-19, and psychological theory / research is relevant in many ways... this page will serve as a growing resource collecting and linking to those contributions.

<https://thepsychologist.bps.org.uk/volume-33/april-2020/coronavirus-psychological-perspectives>

**Resource library**

This Dropbox has been populated with resources by clinicians across the country and contains a range of information.

<https://www.dropbox.com/sh/x7p6mqpknbwge/AAC8yjkvj4PpmrnsXda1M9DXa?dl=0>

**THERAPY RESOURCES:**

See also the sections on Managing the understandable Anxiety & uncertainty

**Psychology Tools Psychological Resources For Coronavirus (COVID-19)**

During the outbreak many mental health professionals will be working to offer psychological support and advice to front-line medical staff, as well as to other clients, and to the public. We have put together this page to collate links to resources which might assist your clinical practice during the current global health crisis.

<https://www.psychologytools.com/psychological-resources-for-coronavirus-covid-19/>

**ACT COVID 19 Therapy Resources**

[https://contextualscience.org/covid19\\_therapy\\_resources](https://contextualscience.org/covid19_therapy_resources)

**WORKING FROM HOME****A starting point for Working from home:**

<https://www.bacp.co.uk/news/news-from-bacp/2020/18-march-coronavirus-looking-after-your-wellbeing-while-working-from-home/>

**Coronavirus and isolation: supporting yourself and your colleagues Toolkit**

A collection of resources to support your mental health whilst working from home

<https://www.mentalhealthatwork.org.uk/toolkit/coronavirus-and-isolation-supporting-yourself-and-your-colleagues/>

**The Leapers Little Guide to... Working well from home under self-quarantine for Coronavirus.**

<https://www.leapers.co/resources/little-guides/coronavirus-working-from-home>

**Use of Microsoft Office Apps via NHS.net**

The CWP Trust's instructions to set it up are here <http://webstore.cwp.nhs.uk/EP/NCV/TeamsQuickGuide.pdf>

## **REMOTE THERAPY GUIDANCE**

The Below information is for consideration. It is not specific guidance for CWP staff - Updated Specific guidance for CWP staff, including use of Fleming, will be provided in a separate document.

### **Covid-19 Information Governance advice for health and care professionals**

<https://www.nhs.uk/key-information-and-tools/information-governance-guidance>

### **Guidance for Video Therapy:**



BPS Effective  
therapy via video top



A Practical Guide to  
Video Mental Health C

### **Online EMDR Therapy Guidance**

<https://www.dropbox.com/s/zt7pl80io2ptf0h/Association%20Online%20EMDR%20Guidance%20April%202020.docx?dl=0>

### **Considerations for Telephone therapy**



Working remotely  
with clients- some thc