

## Useful links, resources and contacts

This is a list of some useful websites that have advice/support for wellbeing in the current extraordinary times with the Coronavirus COVID-19 situation.

### Mental health & wellbeing tips for the current situation



Looking after your mental health during the Coronavirus outbreak:

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



Practical advice for staying at home and how to take care of your mental health and wellbeing:

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

Royal College of  
Occupational  
Therapists



Tips for staying well:

<https://www.rcot.co.uk/staying-well-when-social-distancing>



Advice for carers:

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>



A 'coping calendar' with 30 suggested actions to look after yourself and each other:

<https://www.actionforhappiness.org/coping-calendar>



Tips to support yourself and your colleagues:

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



How to cope with anxiety about Coronavirus – strategies for managing stress during a pandemic:

<https://www.verywellmind.com/managing-coronavirus-anxiety-4798909>

### Easy Read /accessible information



Easy Read Information for people with learning disabilities:

<https://www.mencap.org.uk/advice-and-support/health/coronavirus-covid-19>



A plan for staying safe designed by and for people with learning difficulties:

<http://www.openingdoors.org.uk/uploads/images/486.pdf>

This Easy Read document was developed for people with learning disabilities and is based on the 'Advice on coronavirus for places of education' from Public Health England:

<https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf>

## Local support and information



Guernsey Isolation Support Group: a group of volunteers who are willing to be called upon to assist people who may require support during the period of concern over the spread of the Coronavirus. This may involve help with shopping, deliveries, or offering a telephone chat. Find the group on Facebook.



Community Support services (community, public, private and charities) during the Coronavirus situation:

<https://healthconnections.gg/category/coronavirus/>



A list of people willing to help out:

<https://www.islandfm.com/island-info/community/>



Tips on maintaining mental health and wellbeing in the Coronavirus pandemic:

<https://www.get.gg/pandemic.htm>



The Decider Life Skills are CBT skills that provide children, young people and adults with the skills to recognise their own thoughts, feelings and behaviours, and to monitor and manage their own emotions and mental health:

<https://thecider.org.uk/lifeskills/>



**St John**

St John's Ambulance are coordinating Volunteer Guernsey whose role is to maintain a register of volunteers who can be deployed in response to requests for help from both individuals and charities:

<https://stjohn.gg>



Welcome Home is an online wellbeing hub where Guernsey residents can connect with events, resources, information and other community offerings that support positive wellbeing:

<https://www.welcomehome.org.gg/>

<https://www.facebook.com/pg/welcomehomegsy/>

## Advice and resources for parents/children



Advice on supporting children and young people with worries about COVID-19:

[https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19\\_advice-for-parents-and-carers\\_20.3\\_.pdf](https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf)



Advice for young people on what to do if they are anxious about Coronavirus:

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>



Talking to children about worrying events:

<https://vimeo.com/394049129>



Tips for families including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing:

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>



BBC newsround video from Dr Chris and Dr Xand from Operation Ouch:

<https://www.bbc.co.uk/newsround/51861089>



Tips for parents to help comfort and protect children:

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



A social story idea to use particularly with children with autism:

<https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-.pdf>

## General mental health/wellbeing websites



Tips from the NHS on looking after your mental health while staying at home:

<https://www.nhs.uk/oneyou/every-mind-matters/>



CBT self-help therapy resources, including worksheets and information sheets and self-help mp3s:

<https://www.get.gg/>



5 Ways To Wellbeing from the leading mental wellbeing charity:

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>



A movement aiming to help people take action for a happier and kinder world:

<https://www.actionforhappiness.org/>

## Useful self-help apps



Stay Alive

Stay Alive is a suicide prevention resource to help you stay safe in a crisis. You can use it if you're having thoughts of suicide or if you're concerned about someone else who may be considering suicide. Includes a safety plan, a LifeBox to store photos that are important to you and tips on how to stay grounded.



WellMind

WellMind is a free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.



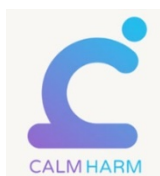
SAM

SAM (Self help Anxiety Management) helps you to understand and manage anxiety through self-help exercise and private reflection.



Clear Fear

Free app to help people manage anxiety, learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.



Calm Harm

This app provides tasks to help you resist or manage the urge to self-harm. You can set your own password so it is private and navigate through four categories that help with self-control, provide safe alternatives and allow you to get your feelings out in a different way.



Insight Timer

This free app has a large directory of meditations to choose from, including body scans, introduction to meditation and relaxations and music to help with sleep.



Head Space

Mindfulness for your everyday life. A free two-week basics course is available followed by subscription options. Learn a mindful approach by exploring guided exercises, videos and more.



Sanvello

On-demand help for stress, anxiety, and depression. Formerly Pacifica, Sanvello offers clinically validated techniques and support to help you relieve symptoms.