Aberdeen City Health & Social Care Partnership
A caring partnership

**Your Mental Health & Wellbeing during Coronavirus – Know where to turn to:**

You might be worried about Coronavirus (also known as COVID-19) and how it could affect your life. This may include being asked to stay at home or avoid other people. This might feel difficult or stressful, but there are lots of things you can try that could help your wellbeing.

"Mind" have produced a helpful guide to offer support to people around taking care of your mental health and wellbeing during this time. You will find all information on the following link.

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

**Updated advice and guidance on Coronavirus:**

NHS Inform are providing updated positions and guidance for the UK population. You can get more information by clicking on the link below:

https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19

**Knowing where to turn to for Mental Health:**

If you are currently in contact with a Community Out-patient Team, your appointments may be managed differently during a period where there may be reduced capacity within the hospital. Each case will be managed on an individual needs basis. This could mean that you receive your support by telephone to reduce the need to attend hospital. **If you are presenting with symptoms (new persistent cough or fever) please do not attend hospital/clinic – please phone your Team Secretary to arrange a telephone contact.** During this time, you may also wish to consider other forms of advice and guidance available via telephone or online to support your mental health and wellbeing.

| Organisation | Telephone Support | Web Support |
|---|---|---|
| mencap – The voice of learning disability | Easy Read Guide – Information about Coronavirus | https://www.mencap.org.uk/advice-and-support/health/coronavirus |
| **Breathing Space** | Confidential phone service for anyone in Scotland experience low mood, depression or anxiety. Open Weekdays 6pm to 2am and 24 hours at weekends. **Call: 0800 838587** | More information available on Website alongside the opportunity to web chat. https://breathingspace.scot/ |
| **Mind** – for better mental health | Mind website can help you make choices about treatment, understand your rights and reach out to sources of support. | https://www.mind.org.uk/information-support/a-z-mental-health/ |
| **The Samaritans** – SAMARITANS | Day or night, a Samaritans volunteer is there to give support to anyone feeling down or struggling to cope. **Call: 116 123** | https://www.samaritans.org/?nation=scotland |

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|---|---|---|
| **Every Mind Matters** | NHS UK site which provides some tips on how to support your Mental Health and Wellbeing, alongside other conditions such as anxiety, sleep, stress and low mood | https://www.nhs.uk/oneyou/every-mind-matters/ |
| **Shout Crisis Text Line** | Is a Text Line in the UK that provides free confidential support, 24/7 via text It's the first free 24/7 texting service in the UK for anyone in crisis anytime, anywhere. Text **Shout** to **85258** | https://www.crisistextline.uk/ |
| **Re-think Mental Illness** | You can call the rethink advice and information line Monday to Friday 10am-2pm for practical advice on different types of therapy and medication, benefits, debt, money issues, police, courts, prison and your right under the Mental Health Health Act. **Call 0300 5000 927** (Calls are charged at your local rate) | Lots of Helpful advice and guidance on the following website. Press Control and click on link below to access website: https://www.rethink.org/ |
| **Living Life** | A free appointment based telephone service for anyone over the age of 16 with low mood, mild to moderate depression and/or anxiety. Open Monday to Friday 1pm – 9pm **Call (0800 328 9655)** | https://www.breathingspace.scot/living-life/ |
| **Aberdeen Drugs Action** | Reaching out for help with drugs and alcohol addiction can sometimes be difficult. Whether you are seeking advice for yourself or someone else, ADA are there to provide support every step of the way. **Call (01224 594700)** | http://www.alcoholanddrugsaction.org.uk/ |
| **Scottish Families affected by Drugs and Alcohol** | If you are concerned about someone's alcohol or drug use contact you can call this free and confidential helpline. Available 9am-11pm Monday to Friday and as a call-back service on weekends. **Call (08080 101011)** | https://www.sfad.org.uk/ |
| | Crew support people to reduce harm, challenge perceptions and help people make positive choices about their use of drugs. Mon to Friday 10am – 5pm **Call (0131 220 3404)** | https://www.crew.scot/coronavirus-general-hygiene-tips/ |
| **NHS Inform – Mental Health** | Provides information around identifying, treating and managing mental health problems and disorders. | https://www.nhsinform.scot/illnesses-and-conditions/mental-health |
| **NHS Grampian Healthpoint** | For local help, advice and Support **Call 08085 202030** | http://www.nhsgrampian.org/nhsgrampian/gra_display_hospital.jsp?pContentID=136&p_applic=CCC |

Caroline Anderson, Assistant Service Manager – 16.3.20