

## YOUR MENTAL HEALTH AND CORONAVIRUS

Infectious disease outbreaks, like the current coronavirus can be scary and can affect our mental health. We understand that some of you with existing mental health conditions may experience a worsening of your symptoms during these uncertain times.

There are many things you can do to support and manage your mental wellbeing during this time. There is excellent advice on managing your mental health issues to be found at

[www.mentalhealth.org.uk/coronavirus](http://www.mentalhealth.org.uk/coronavirus)

and

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

There are also some other local and national mental health resources which you may find useful to contact. These are listed below.

### **Mikeysline**

Daily evening support line 'You Are Not Alone', accessed via Facebook page, message to request a call back.

Text support on 07779 303303

### **MoodJuice**

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

Lots of information and resources on mental health issues.

### **MoodGym**

[www.moodgym.com.au](http://www.moodgym.com.au)

An interactive self help programme online.

### **Living Life to the Full**

[www.lltff.com](http://www.lltff.com)

Online cognitive behavioural therapy resource. Also specific advice about mental health in the coronavirus situation.

## **Breathing Space**

<https://breathingspace.scot/>

0800 838587

Helpline open from 6pm daily.

## **Psychology Tools**

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

Online and printable therapy resources for all.

## **SHOUT**

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

In a crisis? Text 85258

24/7 help from a team of team of Crisis Volunteers

## **Samaritans**

Dedicated helpline open 24 hours a day, call 116123