

Wellbeing and mental health advice during COVID 19 lockdown

We wanted to provide some additional information and advice alongside our standard recommendations as some of the services that we work alongside are on pause or running reduced provision for now. Although it is certainly a challenge for all of us to look after our health and wellbeing without access to our normal social and community activities there are still opportunities available. Here are a number of resources that you might find helpful:

Coronavirus and your wellbeing

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

Apps for managing anxiety/cycles of negative thoughts

- Pacifica: This app uses a CBT-based approach to counter cycles of negative thoughts, with relaxation and mindfulness techniques and audio exercises.
- Headspace: This app offers guided mindfulness and meditation
- Calm: Over 100 guided meditations covering anxiety, focus, stress, sleep, relationships and more

Or the following book may be helpful: Ten to Zen by Owen O'Kane (Bluebird).

Tools to help with mental health

www.good-thinking.uk

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

Practical assistance in Nunhead, Peckham, and Queens Road in London

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

Self-help

NHS Self-help workbooks

<https://web.nth.nhs.uk/selfhelp/> various conditions

Centre Clinical Interventions

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

Resources on - Anxiety, Assertiveness, Bipolar, Body Dysmorphia, Depression, Disordered Eating, Health Anxiety, Panic, Perfectionism, Procrastination, Self-Compassion, Self-Esteem, Sleep, Social Anxiety, Tolerating Distress, Worry and Rumination

GP Dr Chatterjee Four Pillar's of Health Podcast

<https://drchatterjee.com/blog/category/podcast/> Focus on sleep, nutrition, relaxation and physical activity

If you experience suicidal thoughts

Listening Place provide one-to-one counselling (currently on the phone) for anyone having suicidal thoughts, you can self-refer online and they generally contact applicants within 1-2 days

<https://listeningplace.org.uk/> 020 3906 7676

www.good-thinking.uk

A useful article which mentions some useful apps and podcasts.

https://www.theguardian.com/world/2020/mar/28/things-you-can-control-coping-with-radical-uncertainty-oliver-burkeman?CMP=share_btn_link

Kind regards

Southwark Assessment and Liaison Teams