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# Supporting mental health during COVID-19

These websites provide specific information about how to take care of your emotional well-being, for concerns related to COVID-19. They include guidance on coping with self-isolation and social-distancing, as well as the worry or fear related to COVID-19:

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

<https://mentalhealth-uk.org/help-and-information/covid-19-and-your-mental-health/>

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

<https://www.mindinbradford.org.uk/self-help/coronavirus/> (includes information about local extended telephone-based services during coronavirus)

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

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

**Advice for carers – protecting your wellbeing**

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

# Support with general emotional well-being and mental health

Here are some links to websites which offer general guidance and support with taking care of well-being:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/self-care/>

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

# Support for children and young people

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

<https://www.kooth.com>

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

<http://www.themix.org.uk>

<https://youngminds.org.uk>

# Useful apps

There are a number of apps that offer support with emotional well-being, including a range of mindfulness meditation apps. Some of these apps are providing free access to resources to support people during COVID-19. Here are some popular apps that may be helpful:

|  |  |
| --- | --- |
| * Calm - <https://blog.calm.com/blog/free-resources> | Calm - The #1 App for Meditation and Sleep |
| * Headspace - <https://www.headspace.com/covid-19> | Headspace App Wearable Device Integration - Noteworthy - The ... |
| * Happify - <https://www.happify.com/health/covid-19-support/> | Happify - Apps on Google Play |
| * Insight Timer   (free app with access to 1000s of meditations) | Investing in Insight Timer - Noteworthy - The Journal Blog |
| * Mind Shift   (free app for teens / young adults to support coping with anxiety) | MindShift CBT - Anxiety Canada â Apps on Google Play |
| * Self-help for Anxiety Management   (free app for coping with anxiety) | Self-Help for Anxiety Management | PsyberGuide |
| * Smiling Mind - <https://www.smilingmind.com.au/thrive-inside>   (free app for meditation) | Smiling Mind App Review |

More apps to support mental well-being and sleep can be found here:

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

# Support services

Here are details for a number of support services that you might find helpful during this time:

**Anxiety UK**

* **Phone** 03444 775 774 (Monday to Friday, 9:30am – 5:30pm)
* [**www.anxietyuk.org.uk**](http://www.anxietyuk.org.uk)

**Bradford Bereavement Support**

* **Phone** 07946 131940 (Monday to Friday, 9:30am-1.30pm)
* <https://www.bradfordbereavement.org.uk>

**Childline (for children and teenagers)**

* **Phone** 0800 1111
* [**www.childline.org.uk**](http://www.childline.org.uk)

**Cruse Bereavement Care**

* **Phone** 0808 808 1677 (Monday to Friday, 9am-5pm)
* [**www.cruse.org.uk**](http://www.cruse.org.uk)

**First Response Bradford -** For urgent mental health support

* **Phone** 01274 221181 (24 hours, 7 days a week)
* <https://www.bdct.nhs.uk/services/first-response/>

**Samaritans** – Providing emotional support to anyone in distress

* **Phone** 116 123 (24 hours, 7 days a week)
* [**www.samaritans.org.uk**](http://www.samaritans.org.uk)

**Mind – Guidline Bradford** – a confidential telephone helpline providing support and guidance

* **Phone** 01274 594 594 (now available 12midday-12midnight everyday)
* <https://www.mindinbradford.org.uk/support-for-you/guide-line/>

**Young Minds -** phone line for parents seeking guidance to support young people

* **Phone** 0808 802 5544 (Monday to Friday, 9:30am-4pm)
* [**www.youngminds.org.uk**](http://www.youngminds.org.uk)

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