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listening to you



Leicestershire Partnership  
NHS Trust

# Mental health and wellbeing workbook

During the Covid-19 outbreak



## Mental health and wellbeing workbook during the Covid-19 outbreak

There are a huge range of resources and websites circulating the internet and social media aiming to support service users/carers and their families in this unprecedented time. This range of resources is potentially overwhelming leaving people unsure where to go or what might be most helpful, so may add to difficult feelings.

This workbook is an attempt to pool together some of those resources in one document, structured with specific areas of need or interest.

### How to use it

We hope this workbook is useful for those struggling with particular emotional or mental health difficulties. You can use this workbook by:

- using the contents page to take you through the whole workbook
- picking and choosing specific sections or tools to use for yourself as well as sharing with others

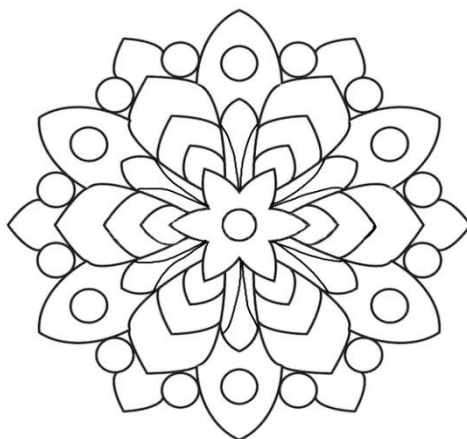
**Disclaimer:** Due to the time lapse, some links contained in this workbook may no longer be in use. Please feel free to provide feedback if you think any areas should be removed or indeed developed further.

We cannot control the virus but we **can** control how we respond to it...



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## **Coronavirus – emotional reactions, what is a ‘normal’ response?**

The information below came from a document produced by Georgiana Clifford at the London trauma Centre. <https://londontraumaspecialists.com/about/>

A world-wide pandemic of this scale and magnitude is not something most of us will have experienced or encountered in the past.

It wasn't very long ago that our lives were going on as normal, with bars and restaurants open and our children going to school every day. Even when we became aware that coronavirus had affected other countries, it is understandable that we assumed it would not affect us in this way.

### **Why do I feel so anxious?**

Faced with this degree of change and uncertainty, it is normal to feel anxious, shocked and confused. Most of us have no idea how long this will go on and what the future will hold. And when we feel anxious already, it's so easy to catastrophise; to imagine the worst-case scenarios.

The news is full of incredibly distressing images and accounts of people unwell and dying, people losing their loved ones, images of empty streets and people in masks. Some of it feels otherworldly, unreal and frightening, it can be traumatic and can result in a 'Fight, Flight, Freeze' response resulting in feelings of extreme anxiety and panic.

### **Why do I feel so sad?**

Everything has changed so suddenly and so dramatically that we are experiencing a huge sense of loss. For some of us, loss of our jobs, our businesses, our leisure activities, contact with our friends and family, our freedom to travel and/or to go out and do as we please, loss of our daily routines and our children's last weeks and months at school.

Loss of this magnitude and all at once takes a long time to adjust to. In the meantime we may experience a number of different emotions which can change rapidly throughout the day. Even if we haven't been directly affected by the virus or haven't lost loved ones, it is possible we might be experiencing a grief response. Though our reaction is unlikely to be predictable, our mood and emotions will go up and down depending on what we experience, and how we react to our experiences.

### **Why do I feel so angry?**

Anger is a common response to threat and loss. Sometimes, often without realising, it's easier for us to be angry than to feel sad and vulnerable. We can lash out at those around us and defend against our feelings of anxiety and vulnerability. We often get angry when we feel we cannot control the things occurring around us. Anger can push people away and make relationships more difficult, commonly resulting in feelings of loneliness and isolation.

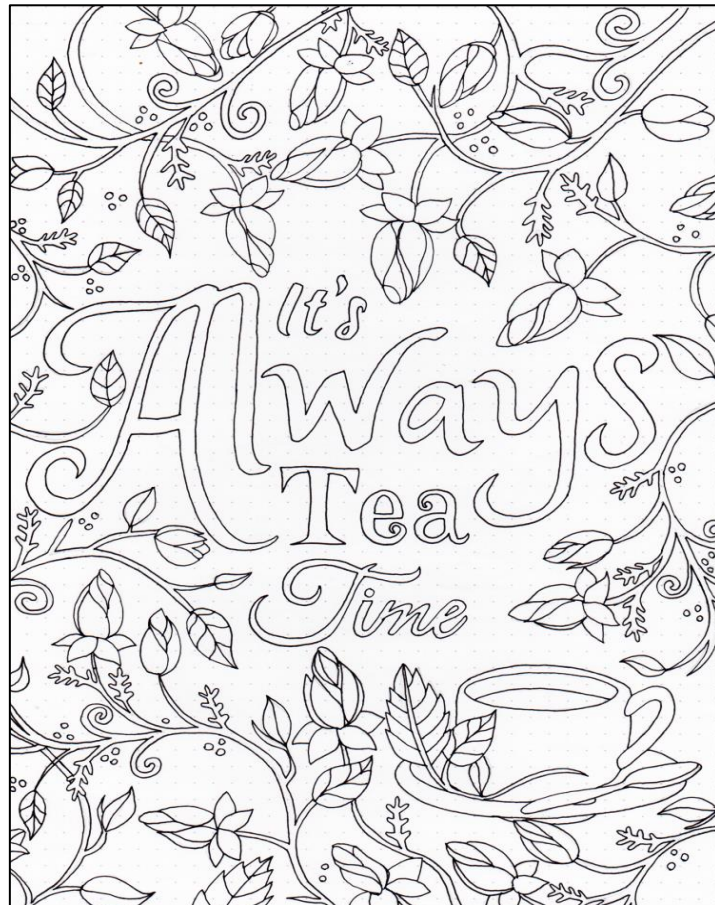
## What might help?

- Identifying how you are feeling and talking about it as much as possible or, if that's too difficult, writing it down.
- Knowing that how you are feeling now will pass, and you will find new strategies to help to manage and adapt.
- Remembering that we can find strength and comfort in the kindness of others and, in times like this, it is common for people to reach out and help one another.
- Being kind to yourself and making sure that you stay mindful of what you have achieved each day, even in the simplest of ways.
- Remembering that we humans are incredibly resilient and even when faced with the greatest atrocities, we find ways to cope and develop new ways of managing.

## Daily planner

We hope the following daily planner example will help you in developing a new routine during this time.

Give yourself some goals for each day, each week or maybe plan more long term. Achieving some of these goals can be a great boost to your confidence and self worth.



Example planner

# What are your plans for today?

Date:

## Routine



*Try to structure your day...*

1. Get dressed
2. Breakfast
- 3.
4. Lunch
- 5.
6. Dinner

## Productivity tasks today



*Two tasks I would like to complete today...*

- 1.
- 2.

## Productivity tasks tomorrow



*Make a plan for tasks I can complete tomorrow...*

- 1.
- 2.

## Self-care plan



*Identify two things today that will enhance my self-care...*

- 1.
- 2.

## Gratitude



*Today I am grateful for...*

- 1.
- 2.





## S.M.A.R.T goal setting

SMART is an acronym that you can use to guide your goal setting:

- Specific
- Measurable
- Achievable
- Realistic
- Time

SMART goals will hopefully help you to look forward and provide you with hope. If you don't manage to achieve a goal, please don't beat yourself up about it. Try to see why you didn't manage it and maybe look at breaking it down into smaller bite size chunks and try again!

Alternatively, you can recognise that it may not be the right time for that particular goal.

You might find the following example helpful:

**Specific** – What do you want to achieve?



*e.g. To walk 5k. Why? To feel good about myself*

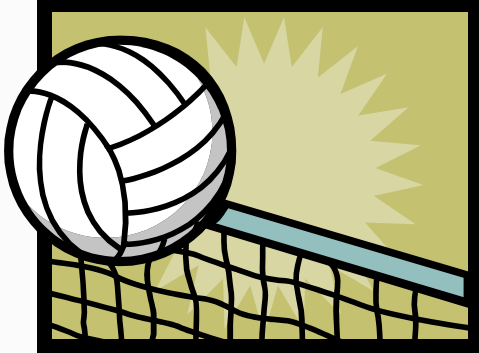
**Measurable** – How will you know when you have reached your goal?



*e.g. Keep a log book after each walk*



**Achievable** – Is your goal too big or too small?



*Can you reach your goal? What are the obstacles that might occur?*

**Realistic** – Is the goal useful to you? Do you have the right resources to help you?



*e.g. Footwear/NHS couch to 5k app*

**Time** – By what day/month/season will your goal be achieved?



*How long will you spend on your goal each day/week/month?*

## Managing understandable anxiety and uncertainty

Like other similar conditions, anxiety can range in intensity, from a mild sense of uneasiness, to severe, even paralysing, distress. And it can also vary in duration, from momentary to prolonged and, in some extreme cases, constant. We hope the following links/suggestions/ideas and tools are helpful to you during this time.

### Anxiety UK

Anxiety UK have put together a range of information, resources and support for helping you understand how to deal with your anxiety during these difficult times while Coronavirus (COVID-19) is impacting on our lives:

<https://www.anxietyuk.org.uk/coronanxiety-support-resources/>

### Emotional self-care ideas/suggestions:

- Try to acknowledge the stress; know that anxiety and fear is normal.
- Try not to spend too much time fixated on negative news stories and social media posts.
- Anxiety and fear often makes us want to hide away but we become stronger when we connect with other people and maintain a sense of community. Connect, reach out and find ways to stay in contact with other people. Try to talk to other people as much as possible. It's good to share your fears and anxieties. Talking to other people on the telephone or online can combat feelings of loneliness.
- If you are at home (with or without family) maintain or establish daily routines. It can become tempting to sit in front of the television all day and fixate on all of the awful things happening across the world but this will not help.
- Try to find ways to exercise (online videos/classes) and eat healthily. Think of activities you enjoy. Be creative!
- It's good to get some fresh air and time outside if possible. Look at the sky, listen to the birds, and connect with nature.
- If you are feeling overwhelmed with anxiety, try to find ways to calm down. For example a bath, breathing exercises, meditation or listening to relaxing music. Utilise the strengths and strategies you have already.
- Please BE KIND to yourself. It's understandable if you feel anxious, lonely, depressed. This is a really uncertain and difficult time.

### Health anxiety

To worry about your health is a normal human experience, even more so within the context of coronavirus. People affected by health anxiety have an obsessional preoccupation with the idea that they are currently (or will be) experiencing a physical illness. The person experiencing health anxiety may fixate on any type of illness and become convinced that harmless physical symptoms are indicators of serious disease or severe medical conditions. For example, if a person experiencing health anxiety feels their chest is getting tight, they may believe that they are having a heart attack.

Health anxiety is problematic when it is excessive, out of proportion to the realistic chances of having a serious problem, persists despite negative tests and reassurance from health professionals, leads to excessive unhelpful behaviours such as body-checking and medical test-seeking, and causes you significant distress or impacts on your functioning.

Health anxiety can exist in people who are healthy, in people who are experiencing real yet unexplained medical symptoms, and in people who have an existing and diagnosed medical condition. In health anxiety the issue is not whether your physical symptoms are real, but whether you are responding to and coping with your symptoms in a helpful or unhelpful way.

People who have previously struggled with health anxiety or those who were not affected by this before may find they become preoccupied with any symptoms which might be indicators of coronavirus.

## **Self help resources for health anxiety**

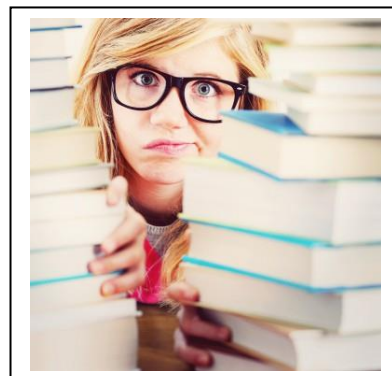
### **CBT and mindfulness**

It can be confusing to understand the differences between mindfulness and CBT. We hope the following paragraphs help you in understanding the different approaches.

#### **Cognitive behavioural therapy (CBT)**

A simplified example of CBT in action would be looking at the way you act when a friend says they can't go out with you because they are busy.

*e.g. You might think they actually don't like you and that's the real reason they always say no to you lately, which leads to the more negative thought that 'people almost never like me', which leads to you feeling sad and a bit tired and paranoid or anxious. The result is you don't go out at all and spend another Friday night in feeling bad about yourself. CBT can help you to change the way you think and behave, so in the example above, you might try to change the negative thoughts into more helpful ones, such as 'my friend must be so busy, which is why they can't go out with me'.*



#### **Mindfulness**

Mindfulness is a mental state and therapeutic technique attained by purposefully focusing your awareness on the present moment, while calmly and without judgement acknowledging your feelings, thoughts and bodily sensations.

Here are a range of self-help tool packs for you to choose from:

A CBT based self-help pack produced by Northumberland Tyne and Wear NHS:  
<https://web.ntw.nhs.uk/selfhelp/#anxiety>

This self-help package link brings together CBT and mindfulness approaches:

<https://www.getselfhelp.co.uk/healthanxiety.htm>

## Positive psychology crisis kit

There are many potential benefits of practicing positive psychology including an increase in self-esteem, improved relationships, and a greater outlook on life. Research in the realm of positive psychology has found that gratitude, social connection, and kindness are all important to living our best lives.

This Crisis Kit contains five different positive psychology exercises to help you through turbulent times. Although designed for practitioners to use with their patients, we hope you will be able to work through them independently

We have downloaded a hard copy of the crisis kit here:

<https://positivepsychology.com/the-crisis-kit/>

Alternatively you can go straight to the YouTube link:

[https://www.youtube.com/watch?v=HPFayxlm\\_ms](https://www.youtube.com/watch?v=HPFayxlm_ms) to start your exercises.

Each exercise is structured in the same way and includes:

1. Background section
2. Goal description
3. Advice for using the exercise
4. Suggested reading

The five tools from the crisis kit can be used to help you:

- use your mental resources well
- connect to a place of inner peace
- become aware of factors within and beyond your control
- practice acceptance-based coping
- remain calm and composed in the face of stress

These tools are all based on a mindfulness approach and you will find the references included. They're also developed to be highly practical and can be applied in many different settings.

The exercises are:

1. Eye of the Hurricane Meditation
2. Dealing with Uncontrollable Circumstances
3. The Unwanted Guest
4. Window of Tolerance
5. My Resilience Plan (The Four S's)



## Positive self talk journal

### What is positive self-talk?

Positive self-talk makes you feel good about yourself and the things that are going on in your life. It's like having an optimistic voice in your head that always looks on the bright side.

Negative self-talk tends to make you pretty miserable and can even impact on your recovery from mental health difficulties.

### Some examples of self-talk

*'I can't do it'* change to *'I can do it.'*

*'I am not good enough'* change to *'I am good enough.'*

*'I can't'* change to *'if I want to, I can'*

*'It does matter'* change to *'It doesn't matter if I make a mistake.'*

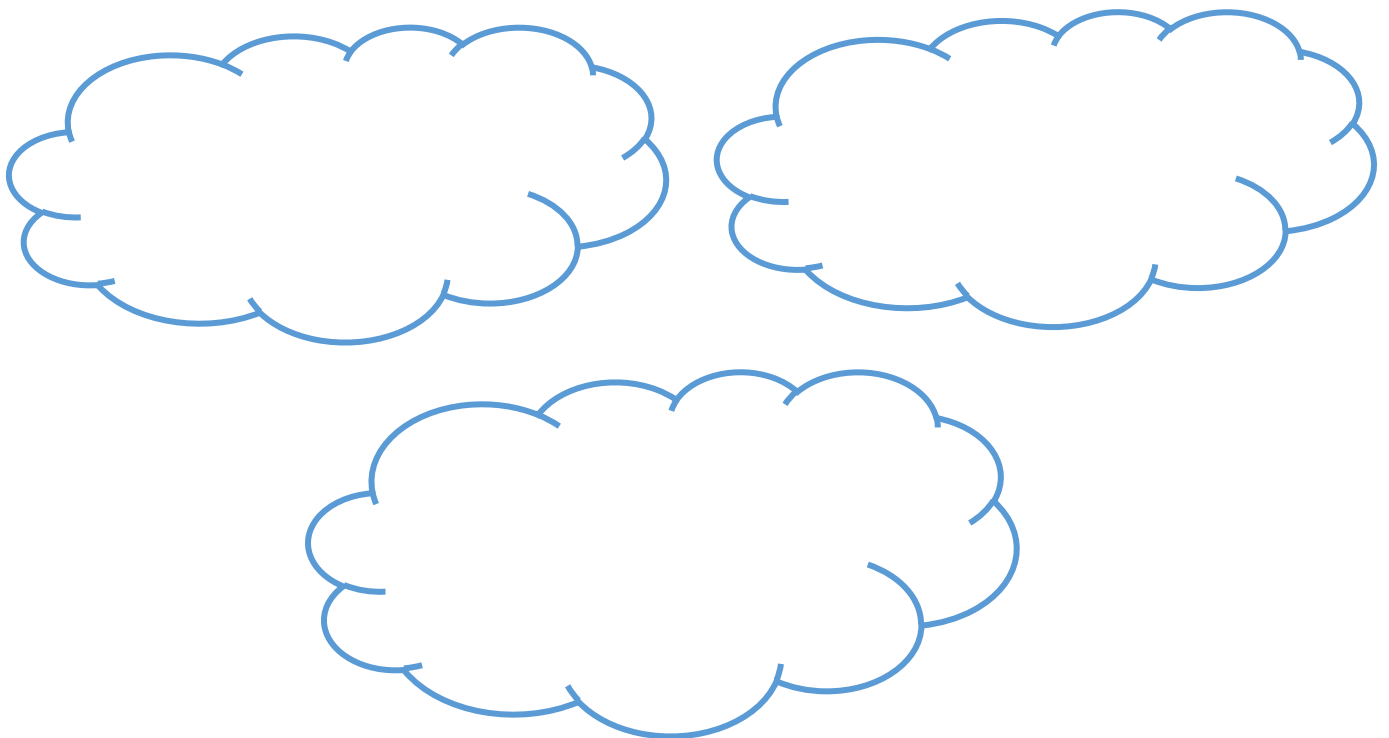


### How does self-talk improve confidence?

Self-talk is something you do naturally throughout your waking hours. People are becoming more aware that positive self-talk is a powerful tool for increasing your self-confidence and curbing negative emotions. People who can master positive self-talk are thought to be more confident, motivated, and productive.

### Using images as an alternative

Alternatively, for example, you could draw three puffy clouds and at the end of each day write or draw in each cloud one good thing that has happened. (e.g. a good chat with a friend, sunny weather or some good news you have received).





## My positive self talk journal

Date.....

I feel good when...	This week I am proud of myself because...	Something that went well this week was...
I had fun when...	This makes me unique...	A mistake I learnt from this week is...
I feel strong when...	The best part of this week was...	A good quality I am learning is...
This was interesting this week...	Something I am grateful for is...	I was kind this week because...
An accomplishment this week was...	I like this about myself...	Something I love about my life is...



## Move more/sit less

Exercise has such a positive effect on your body. It makes you feel good!  
Eleven fun facts about exercise:

- 1. Music improves workout performance**  
Listening to music whilst working out can increase your performance by 15%
- 2. Exercising improves brain performance**  
Cardiovascular exercise creates new brain cells. This enhances brain power and brain activity
- 3. Working out sharpens your memory**  
Exercising increases the production of cells that are responsible for learning and memory
- 4. Running/walking burns calories**  
Even a brisk walk can burn calories. Walking burns anywhere from 90 to 200 calories in 30 minutes, depending on whether you take a stroll or brisk walk.
- 5. More muscle mass – burning more fat whilst resting**  
The more muscle mass you have, the more your body burns fat while resting. Having more muscle than fat means you can consume more calories!
- 6. Exercise prevents signs of ageing**  
If you exercise three times a week for 45 minutes, you can help prevent signs of ageing
- 7. You get sick less often**  
Exercising regularly help you boost your immune system. This means you will get sick less often than those who do not exercise
- 8. Increases productivity**  
Exercising increases the number of endorphins that are released into your body and increases productivity and improves your mood.
- 9. Workouts can improve the look of your skin**  
Sweat releases dirt through your pores, which reduces acne and breakouts. Working out can improve the overall look of your skin
- 10. Exercising boosts your self confidence**  
Exercise can help ease your mind and rejuvenate your body. Working out can make you feel great and boost your confidence
- 11. Working out enables you to sleep better**  
If you are someone who has trouble sleeping or staying asleep, working out (at least three hours before you plan to sleep) may help. Exercise helps to clear your head and help you to relax

**If all else fails...** You can always buy your favourite snack and try again tomorrow!

The NHS website has some great 10 minute workout exercises. These equipment-free fitness routines are great to do at home and short enough for you to easily fit them into your daily schedule. Try to do 1 of these routines daily to improve your general health and strengthen and tone different muscle groups. Please click on the link to access: <https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

## Five ways to wellbeing



The five ways to wellbeing are a great place to start keeping mentally and physically well. The five ways are daily acts that can benefit your mental health and wellbeing. They can be adapted to your circumstances, even if you are self-isolating.

The five ways are connect, be active, take notice, learn and give. Read on for tips on how to support your mental health using these methods.



### Connect

Connecting is all about developing and nurturing your social relationships. Having a strong support network can help you through difficult times in life and can combat feelings of loneliness and isolation. In times like this, when you may be isolating for long periods of time, it is important to stay connected to friends and family. One example could be:

- Making the most of technology – video chat apps like Skype and Facetime are a great way of staying in touch with friends, family and colleagues, particularly if you live far apart. Try to do this regularly.



### Keep learning

Learning new things throughout your life is great for improving your self-esteem and keeping mentally sharp. You could do this through trying something completely new or trying to return to activities you once did and always meant to pick up again.

- Do a crossword puzzle or Sudoku, or play a challenging game.



### Be active

Being active is a way of finding physical activity that you enjoy. Incorporating physical activity into your day to the best of your ability is an excellent way of developing your mental wellbeing and is something you can do to boost your mood, even when self-isolating. Why not try:

- A free online home exercise: <https://www.nhs.uk/live-well/exercise/10-minute-workouts/>



## Take notice

Notice is about reminding yourself to look at the small things in life, which is proven to improve your mental wellbeing. This may feel like a difficult task if you are isolating, and have been for a long time, but here are some suggestions:

- Develop a mindfulness habit, which can be done through free mindfulness apps for your phone.
- Be mindful in watching the news – if constant updates are making you feel anxious, take time away from social media or the TV.
- Please see page 11 and page 19 for links to mindfulness meditation.



## Give

It is proven that people who volunteer their time in some way are much more likely to rate themselves as happy and feel more connected to their community. Now more than ever, acts of kindness can go a long way in helping yourself and others. Why not try:

- Helping a relative or neighbour who may not be able to visit the shops for groceries.



## Improve your sleep

Feelings of uncertainty and changes to daily life may mean you have more difficulty sleeping. There is a lot you can do to improve your sleep. Here are a few basic, easy to follow tips that can help improve your sleep:

- **Keep to a sleep schedule**

Try to always go to bed at the same time every night and wake the same time each morning. Resisting the urge to sleep in at the weekends is hard, but it does become easier once you train your body's internal clock. If you struggle with insomnia, talk to your doctor for additional tips.

- **Turn off the tech**

You are probably aware that looking at your phone or laptop just before bed is not good for your sleep. But what you might not know is the reason staring at screens before bedtime is so detrimental to you sleep. The blue light emitted from your screens wakes you up, and turning on night mode does not solve the problem. Try reading a familiar book instead.

- **Watch your diet before bed**

Resisting late night snacking is hard. Yet many foods before bedtime can leave you unable to fall and stay asleep. For example, cheese, acidic and spicy foods can wake you with a stomach ache. If you find yourself craving a snack, many fruits and nuts are perfect alternatives that do not cause poor sleep.

- **Exercise during the day**

Exercise and sleep are both part of a healthy lifestyle, but exercise can interfere with a good night's rest if it is done too close to bedtime. Avoid exercise at least three hours before you plan to sleep. This allows your body enough time to relax.

- **Improve your sleep environment**

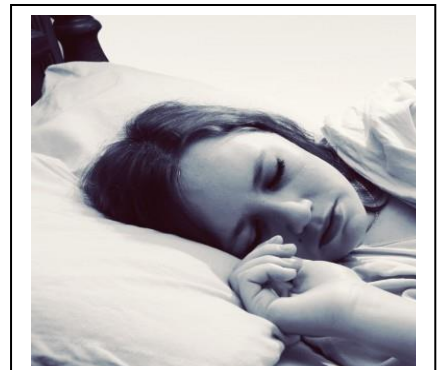
Calming colours like blue actually have an effect on your sleep. Aside from interior design aspects, you want to ensure your sleep environment is cool, clean and quiet. The ideal temperature for sleep is around 15 to 21 degrees Celsius. Using ear plugs can also block out any outside noise. Ideally you want your sheets and pillowcases to be clean and fresh. Washing your sheets every couple of weeks is an easy way to help you sleep better.

- **Only use your bed for sleep**

At one point or another, we have all been guilty of eating or watching hours of television whilst in our beds. Whilst comfort is nice, a good night's sleep is even better. If you continue to eat and watch television in your bed, your brain will start to associate other daytime activities with your bed, making it harder to fall asleep.

- **Make sure your mattress and pillows are comfortable**

This may seem really obvious, but it is an important aspect that many people do not realise. If your bed is old and sagging, it could be the reason why you are not able to sleep well. If you can, invest in a good mattress and set of comfortable pillows.



## **Coping with family conflict or violence**

Women's Aid has issued safety advice for women isolating in abusive households during the coronavirus lockdown. They know that COVID-19 will have serious impacts on the lives of women and children and that people are feeling unsafe with the prospect of being isolated in the house with their perpetrator. Women's Aid want to reassure survivors and local specialist services that they are here for you and will be doing everything they can to support you during this challenging time.

The following link provides safety advice from Woman's Aid:

<https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/>

**If you are in this situation, familiarise yourself with The Silent Solution System. This is a system for victims of domestic abuse who might be afraid of further danger and escalation of harm if they are overheard when calling 999 in an emergency. When somebody calls 999, an operator will ask which emergency service is required. If the caller is unable to audibly signal to the operator, the call will be forwarded to an operating system. Then, if 55 is pressed by the caller, the system will detect this. The operator will then transfer the call to the relevant police force as an emergency.**

National helplines, email, text and live chat support services, and local specialist services, are currently open for business as usual, although their delivery is likely to have to adapt over the coming weeks.

Anyone who requires help or support can contact the National Domestic Violence Helpline which is open 24/7 365 days per year on 0808 2000 247 or via their website: [www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)

### **Free Confidential Housing Information and Support**

The charity Shelter also provides free confidential housing information, support and legal advice on all housing and homelessness issues: <https://www.shelter.org.uk/>

## Useful information and activity suggestions

Please find some activities and information which we hope you will find useful.

- **Colouring pages**

<http://www.squiddoodleshop.com/freebies>

- **Making worry dolls (YouTube)**

Worry Dolls are traditional little dolls originally made in Guatemala – the idea is simple – if at night you find yourself worrying about things (and worries have a habit of bothering you when you are trying to sleep), you tell your worries to these little dolls and place them under your pillow.

YouTube links: <https://www.youtube.com/watch?v=vsbBilnTKNs>

<https://www.youtube.com/watch?v=7lcoBtyUVVM>

- **Boredom busting ideas**

If you want any more ideas on to how to fill your time have a look at this list of free, online, boredom-busting resources from Chatter Pack:

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?>

- **Using meaningful and uplifting quotes**

Often a quote can offer inspiration for the week, and inspire us when our normal motivation has lapsed

<https://www.pinterest.co.uk/ncteacher100/meaningful-quotes/>

- **Links to more free mindfulness meditations:**

<http://franticworld.com/free-meditations-from-mindfulness/>

This link is specifically aimed at dealing with difficult emotions during the current pandemic:

<http://www.franticworld.com/coronavirus>

Headspace link: <https://www.headspace.com/>

- **Radical acceptance**

Distress tolerance skills are used to help us cope and survive during a crisis, and helps us tolerate short term or long term pain (physical or emotional).

Click on the website link for more details:

<https://www.getselfhelp.co.uk/distresstolerance.htm>

- **Links to helplines/charities**

- **Alcoholics Anonymous**

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Helpline for families: 0800 0086811 National helpline: 0800 9177650 Link to website: <https://www.alcoholics-anonymous.org.uk/>



**Age UK**

Age UK provides life enhancing services and vital support to people later in life. Age UK deliver a range of services across the UK.

Link to website for further details on services provided in your local area:

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

**LPT Central Access Point Service (CAP)**

People of all ages in Leicester, Leicestershire and Rutland can access urgent NHS mental health support directly. This service is available 24 hours a day, 7 days a week. Tel: 0116 295 3060

**Carers UK**

Carers UK provides expert information and advice tailored to your situation, to champion your rights and support you in finding new ways to manage at home, at work, or wherever you are.

Link to website: <https://www.carersuk.org/>

**Citizens Advice Bureau**

The Citizens Advice Bureau provides on line free advice to help you find a way forward, whatever the problem.

Link to website: <https://www.citizensadvice.org.uk>

**Cruse Bereavement**

Cruse offers telephone, email and website support for bereaved people.

Link to website: <https://www.cruse.org.uk>

Tel: National helpline on 0808 808 1677

**LGBT Foundation**

LGBT Foundation is a national charity delivering advice, support and information services to lesbian, gay, bisexual and transgender (LGBT) communities.

Link to website: <https://lgbt.foundation/>

Telephone for advice and support information: 0345 330 3030

**NHS self help leaflets:**

Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust have produced the following self-help leaflets. The leaflets are also available in BSL, audio, easy read and can be translated into a preferred language. If you require any of the further options, please visit the website directly:

<https://web.ntw.nhs.uk/selfhelp/#anxiety>

Abuse

<https://web.ntw.nhs.uk/selfhelp/leaflets/Abuse.pdf>

Alcohol and you

<https://web.ntw.nhs.uk/selfhelp/leaflets/Alcohol%20and%20You.pdf>

Anxiety

<https://web.ntw.nhs.uk/selfhelp/leaflets/Anxiety.pdf>

Bereavement

<https://web.ntw.nhs.uk/selfhelp/leaflets/Bereavement.pdf>

Controlling anger

<https://web.ntw.nhs.uk/selfhelp/leaflets/Controlling%20Anger.pdf>

Depression and low mood

<https://web.ntw.nhs.uk/selfhelp/leaflets/Depression%20and%20Low%20Mood.pdf>

Domestic abuse

<https://web.ntw.nhs.uk/selfhelp/leaflets/Domestic%20Violence.pdf>

Eating disorders

<https://web.ntw.nhs.uk/selfhelp/leaflets/Eating%20Disorders.pdf>

Food for thought

<https://web.ntw.nhs.uk/selfhelp/leaflets/Food%20for%20thought.pdf>

Health anxiety

<https://web.ntw.nhs.uk/selfhelp/leaflets/Health%20Anxiety.pdf>

Hearing voices and disturbing beliefs

<https://web.ntw.nhs.uk/selfhelp/leaflets/Hearing%20Voices.pdf>

Obsessions and compulsions

<https://web.ntw.nhs.uk/selfhelp/leaflets/Obsessions%20and%20Compulsions.pdf>

Panic

<https://web.ntw.nhs.uk/selfhelp/leaflets/Panic.pdf>

Post-traumatic stress

<https://web.ntw.nhs.uk/selfhelp/leaflets/Post%20traumatic%20Stress.pdf>

Post-natal depression

<https://web.ntw.nhs.uk/selfhelp/leaflets/Postnatal%20Depression.pdf>

Self harm

<https://web.ntw.nhs.uk/selfhelp/leaflets/Self%20Harm.pdf>

Social anxiety

<https://web.ntw.nhs.uk/selfhelp/leaflets/Social%20Anxiety.pdf>

Sleeping problems

<https://web.ntw.nhs.uk/selfhelp/leaflets/Sleeping%20Problems.pdf>

Stress

<https://web.ntw.nhs.uk/selfhelp/leaflets/Stress.pdf>

Prisoner anxiety

<https://web.ntw.nhs.uk/selfhelp/leaflets/PRISONER%20Anxiety.pdf>

Prisoner depression and low mood

<https://web.ntw.nhs.uk/selfhelp/leaflets/PRISONER%20Depression%20and%20Low%20Mood.pdf>

Prisoner post-traumatic stress

<https://web.ntw.nhs.uk/selfhelp/leaflets/PRISONER%20Post%20Traumatic%20Stress.pdf>

Depression and low mood (a guide for partners)

<https://web.ntw.nhs.uk/selfhelp/leaflets/DFP%20-%20A4%20SECURED.pdf>

## **Mental Health Matters**

Mental Health Matters provides mental health support services, ranging from helplines and talking therapies to supported housing and safe havens, and all based on the principle of supporting every person, as an individual, towards their own goals and aspirations.

Link to website for further details on services provided in your local area:

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

### **MIND**

MIND provides advice and support to empower anyone experiencing a mental health problem. Link to website for more information and support:

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

### **NHS wellbeing apps for mental health**

The NHS wellbeing website provides access to downloadable apps covering all areas of wellbeing for mental health. Please note that some apps do charge to download. Link to website for more information:

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

### **Race Equality Centre**

The Race Equality Centre actively promotes and seeks to implement a racially just, fair and equitable society which will enhance the quality of life for all citizens of Leicester, Leicestershire and Rutland.

Tel: 0116 204 2790

Link to website: [www.theraceequalitycentre.org.uk](http://www.theraceequalitycentre.org.uk)

### **Staying alive app**

The staying alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. Link to website for more information:

<https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/>

### **Turning Point**

Turning Point is a health and social care organisation that works across mental health, learning disability, substance misuse, primary care, the criminal justice system and employment. Link to the website: [www.turning-point.co.uk](http://www.turning-point.co.uk)

### **Samaritans**

Samaritans is available round the clock, every single day of the year, providing a safe place for anyone who is struggling to cope. Calls to this helpline number do not appear on phone bills. Link to website:

<https://www.samaritans.org/how-we-can-help/>

Tel: 116 123 or text SHOUT, the 24/7 UK **text** service for people in crisis, on 85258

### **Sparks and Co**

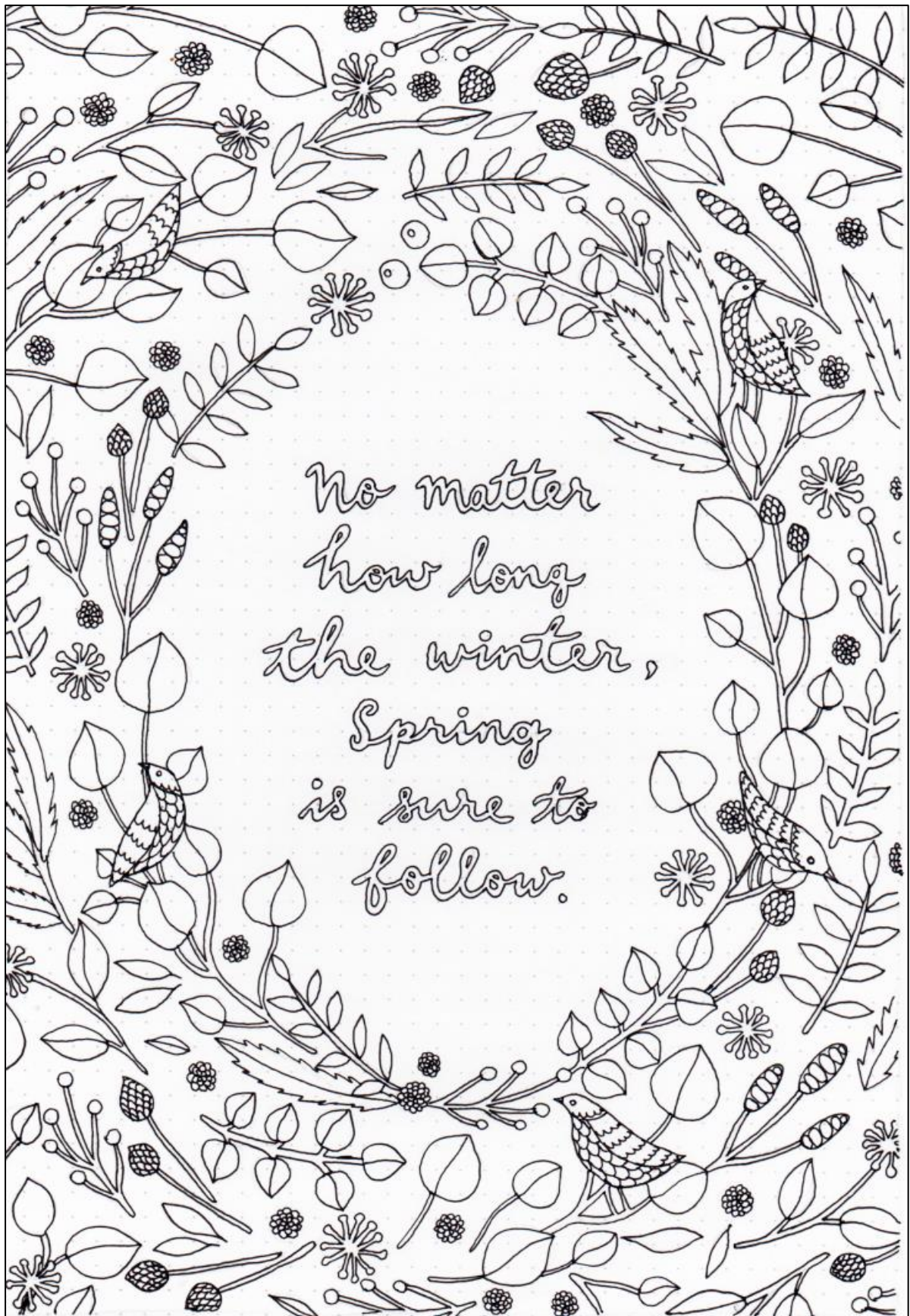
Sparks and Co signposts you to organisations working on migration, refugee and asylum services in the UK. Link to website: <https://sparkandco.co.uk/>















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### Sign up and stay connected!

You can join our Involvement Network which is open to service users, carers and family members where you can share your lived experiences with us. This will help to inform how we shape our services to fit the changing needs of our local communities.

Please visit our “involving you” page

<https://www.leicspart.nhs.uk/involving-you/involving-you/>

which provides additional information and access to our on line Expression Of Interest form.

### Please contact us if you have any questions/suggestions

[LPTPatientExperience@leicspart.nhs.uk](mailto:LPTPatientExperience@leicspart.nhs.uk)

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If you need help to understand this booklet or would like it in a different language or format such as large print, Braille or audio, please contact the Patient Experience and Involvement Team