

Managing mental health

The effects of the Covid-19 Pandemic and the uncertainty of lockdown can really affect your mental health, there are many organisations available to help you manage your mental health now and in the future and below are some areas you can access help.

If you know of any additional services you think should be included please email louise.brown@abingdon.gov.uk.

Local Services:

The Oxfordshire Mental Health Partnership is a partnership that formally brings together six local mental health organisations from the NHS and the charity sector: Connection Floating Support, Elmore Community Services, Oxford Health NHS Foundation Trust, Oxfordshire Mind, Response and Restore. They are committed to making it easier for people to get the best possible support when they need it.

There are loads of information, resources and contact details on their website: <http://omhp.org.uk/>

Wider Support:

Samaritans have some tips and advice on their website with a controlled breathing video some may find useful:

<https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-pandemic/>

Mind mental health Charity has some specific information and advice on their website about managing mental health during the Coronavirus pandemic and the national lockdown:

<https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/>

The BBC released a video with 5 tips to manage mental health during the pandemic and the changes this brings:

<https://www.bbc.co.uk/news/uk-55534081>

Future Learn has a lot of courses specifically designed to managing mental health in lockdown and a lot of them are free:

<https://www.futurelearn.com/courses/collections/support-mental-health-in-lockdown>

Patient website has some more advice:

[COVID-19: how to look after your mental health during coronavirus lockdown | Patient](#)

And you can use this form to refer yourself for free counselling service on the NHS. You are entitled to 6 free sessions:

<https://www.iaptportal.co.uk/ServiceUser/SelfReferralForm.aspx?sd=0de06a38-171c-4cd8-8229-9d8f372eb438>

Each of these websites has so much information, advice sheets and videos as well. It is important to reach out if you are struggling.

Important contact details

Anxiety UK

03444 775 774 (helpline)

07537 416 905 (text)

anxietyuk.org.uk

Advice and support for people living with anxiety.

Campaign Against Living Miserably (CALM)

0800 58 58 58

thecalmzone.net

Provides listening services, information and support for anyone who needs to talk, including a web chat.

Mind

0300 123 3393

Email: info@mind.org.uk

Text: 86463

Phoneline provides an information and signposting service.

Papyrus HOPELINEUK

0800 068 41 41

07786 209697 (text)

pat@papyrus-uk.org

papyrus-uk.org

Confidential support for under-35s at risk of suicide and others who are concerned about them. Open daily from 9am–midnight.

Samaritans

116 123 (freephone)

samaritans.org

Samaritans are open 24/7 for anyone who needs to talk.

Sane

sane.org.uk

Offers emotional support and information for anyone affected by mental health problems.

Shout

If you text SHOUT to 85258 when you are struggling with your mental health a trained crisis volunteer will text you back. It is free and available 24/7.