

Taking care of your mental health during COVID-19

#Kindnessmatters

MENTAL HEALTH AWARENESS WEEK →

18-24 MAY 2020



Depression, anxiety and low mood are common and experienced by many at some time in their life. However sometimes these feelings become overwhelming and help is needed.

NHS top tips for coping include:

Understand your feelings: Try keeping a diary of what you are doing and how you feel at different times to help identify what's affecting you and what you need to take action on.

Challenge your negative thoughts: Tackling unhelpful thoughts is one of the best things we can do to feel less anxious and worried. Thoughts are not facts.

Make time for worries: If your worry feels overwhelming and takes over your day, setting specific "worry time" to go through your concerns each day can help you to focus on other things.

Shift your focus: Some people find relaxation, mindfulness or breathing exercises helpful. They reduce tension and focus our awareness on the present moment.

Get to grips with the problem: When you're feeling stressed or anxious, it can help to use a problem-solving technique to identify some solutions. This can make the challenges you're facing feel more manageable.

Ocduk.org 03332 127 890

Anxietyuk.org.uk 03444 775 774

Samaratans.org 0330 094 5717

Cruse.org.uk bereavement care 0808 808 1677

www.nhs.uk/oneyou/every-mind-matters

What can you do for Mental Health Awareness Week?

Please visit <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week> for ideas on how you can get involved.

Other areas of help and support

Income, benefits and welfare support:

Battle Foodbank/ Rother Community Hub 01424 787000 / info@bexhill.foodbank.org.uk

Hastings Advice and Representation Centre 0333 344 0681 / info@harcuk.com

Rother District Council revenuesandbenefits@rother.gov.uk

Housing and tenancy advice and support:

Brighton Housing Trust; Eastbourne Advice 01323 642615 or eastbourneadvice@bht.org.uk

Citizens Advice Rother District 0344 411 1444 or www.citizensadvicerotherdistrict.org.uk

Support and advice for businesses:

Battle Town Council business listing enquiries@battletowncouncil.gov.uk

South East Business <https://southeastbusiness.org.uk/>

Government Guidance on COVID-19

How to stay safe outside of your home

1. Keep your distance from people outside your household
2. Keep your hands and face as clean as possible
3. Work from home if you can
4. Avoid being face-to-face with people if they are outside your household
5. Reduce the number of people you spend time with in a work setting
6. Avoid crowds
7. If you have to travel (for example, to work or school), think about how and when you travel
8. Wash your clothes regularly
9. Keep indoor places well ventilated
10. Use face coverings in confined social spaces
11. When at work, follow the advice given to you by your employer

FAQ: what we can and cannot do

What can I do from Wednesday 13 May that I couldn't do before?

There are a limited number of things you can now do:

- spend time outdoors – for example sitting and enjoying the fresh air, picnicking, or sunbathing
- meet one other person from a different household outdoors - following social distancing guidelines
- exercise outdoors as often as you wish - following social distancing guidelines
- use outdoor sports courts or facilities, such as a tennis or basketball court, or golf course – with members of your household, or one other person while staying 2 metres apart
- go to a garden centre

At all times, should continue to observe social distancing guidelines when you are outside your home, including ensuring you are 2 metres away from anyone outside your household. As before, you cannot:

- visit friends and family in their homes
- exercise in an indoor sports court, gym or leisure centre, or go swimming in a public pool
- use an outdoor gym or playground
- visit a private or ticketed attraction
- gather in a group of more than two (excluding members of your own household), except for a few specific exceptions set out in law (for work, funerals, house moves, supporting the vulnerable, in emergencies and to fulfil legal obligations)

If you are showing coronavirus symptoms, or if you or any of your household are self-isolating, you should stay at home - this is critical to staying safe and saving lives.

If you urgently need help and have no neighbours or relatives you can speak to, and you cannot access any other support services right now, please contact us at Battle Town Council on – 01424 772210 or 07309 732536 (afternoons and weekends).