

# Supporting our Mental Health in Eden - November 2020

## Mental Health & Wellbeing: Government guidance

The coronavirus outbreak is having an impact on everyone's daily lives. If you already have a mental health problem, then you may be finding the coronavirus (COVID-19) outbreak particularly challenging. GOV UK have published [guidance](#) which includes;

- Where to get support
- Advice for specific mental health problems
- People with a learning disability or autism
- Older People and those with dementia
- What to do in a mental health crisis

Guidance for [supporting children and young people's mental health and wellbeing](#) is also available.

## Every Mind Matters



The NHS Every Mind Matters campaign provides information on how you can help improve your mental health and wellbeing if you are worried or anxious about the coronavirus outbreak. For specific tips and advice while staying at home, read our advice on [maintaining your mental health wellbeing whilst staying at home](#)

To find out more and access your personal NHS Mind Plan designed to help you deal with stress, boost your mood and help you feel on top of things visit the [website](#)

## Beat the Lockdown Blues

Copies of a guide by Every Life Matters relating to looking after your mental health and wellbeing were delivered to households across Cumbria during the lockdown. If you have not received one you can download a copy [here](#). The guide provides practical information about things you can do now to look after your mental health and wellbeing, and also, how you can support others.



## Building Your Wellbeing and Helping You to Cope

This website provides guidance on creating a 'wellbeing plan' to help you proactively think about the tools that you can use to promote good mental health. The site was developed by mental health practitioners and people with lived experience and is co-funded by NHS England

<https://wellbeingandcoping.net/>

## Reading Well for Mental Health

Reading Well helps you to understand and manage your health and wellbeing using helpful reading available from public libraries.



Reading Well 2018 booklist overview.pdf



ReadingWell\_Leaflet\_-\_Interactive\_V1.pdf



Health Collections February 2020.pdf



Online Resources Guide Jan 2020.pdf



# Supporting our Mental Health in Eden - November 2020

## Togetherall - online mental health support 24/7

A new service offering free online support to anyone aged 16 and over facing increased anxiety and other mental health challenges is available to people in north Cumbria, funded by Cumbria NHS (CCG). Togetherall provides online peer-peer support, access to an anonymous community and lots of information, as well as courses and resources covering a range of mental health and wellbeing topics.. The service is clinically managed and professionally moderated 24 hours a day.

The service can be accessed by registering with your postcode, and logging in at:



## Someone to talk to...



If you are struggling and just need someone to talk to, you can call

**Samaritans free helpline on 116 123**

Available 24 hours a day, 7 days a week

The Samaritans are not just a service for when we are in crisis, but are there for you at any time, whatever you are going through.

## Local Mental Health Support Line

If you find yourself struggling, in need of some support or just need a listening ear, **MindLine Cumbria** is a local mental health support line which will continue to run throughout the current situation.



MindLine Cumbria is open 12noon - 11pm Monday to Friday, and 5pm - 11pm on weekends and Bank Holidays.

You can access MindLine by phone, text, email or web chat:

Call: **0300 561 0000**

Text: 'Mind' to **81066** followed by your message

Email: [info@mindlinecumbria.org](mailto:info@mindlinecumbria.org)

Web chat and further information available at: [www.mindlinecumbria.org](http://www.mindlinecumbria.org)

## Online Counselling for Young People

Kooth service, commissioned by Cumbria County Council gives every child and young person aged 10-18 access to free online counselling and emotional wellbeing support every day. Kooth is anonymous and free at the point of use. Online counselling is available to users through instant chat messaging from mid-day until 10pm on weekdays and from 6pm until 10pm at weekends. Self-help materials, messaging, mood tracking and other support features are available anytime. Kooth's team of qualified counsellors and support workers provide guided and outcome-focused support for each individual.



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## Social Prescribing Link Workers for Children and Young People

LINK is the new children and young people's social prescribing service that will be working alongside GP practice teams in **Eden, Keswick and Solway and Brampton & Longtown Primary Care Networks** whilst being hosted by Barnardo's. The service will be supporting children and young people's emotional health and wellbeing, whilst establishing what is important to them as individuals.



## Support for staff and professionals

Protecting the mental health and well-being of our front line staff and professionals during Covid is essential. Organisations have responded to provide dedicated support lines which are available for staff and offer confidential listening and specialist advice from trained professionals.

If you work for the **NHS** call 0300 131 7000. Lines are open from 7am – 11pm, seven days a week or you can simply text FRONTLINE to 85258

**Cumbria County Council** staff can contact a new support line throughout the Covid-19 crisis, as a listening ear and where appropriate the champions can signpost you to other available support sources. All contact is confidential wellbeingandcoachingsupport@cumbria.gov.uk or call **01228 226119** between 9am to 5pm Monday to Friday.



<https://www.nhsemployers.org/retention-and-staff-experience/health-and-wellbeing/taking-a-targeted-approach/taking-a-targeted-approach/how-are-you-feeling-today-nhs-toolkit>.

## Psychological Well Being Services



First Step is part of Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust and provides free, talking therapies to adults (18+) in North Cumbria. First Step can help with a range of common mental health problems including mild to moderate depression, anxiety disorders (such as chronic worry, panic attacks, health anxiety and obsessions), mild bulimia, anger or sleep problems. Psychological Wellbeing Services are for adults who are finding it difficult to cope, feel low, anxious or stressed, worried, or are not sleeping properly. You can contact them by telephoning: **0300 123 9122**

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## Urgent Mental Health Support

Anyone in North Cumbria can self-refer for urgent mental health support provided by Cumbria, Northumberland Tyne and Wear NHS Trust (CNTW) direct to the Access Liaison Integrated Service. Find more information here or ring 0300 123 9015 or 0800 652 2865. If you need **urgent help** with your mental health right now, you can get in touch with us 24 hours a day. **In an emergency, always call 999.**



## Health and Wellbeing Coaches

The Health & Wellbeing Coach (HAWC) Team is available in Carlisle to consider referrals for any individual over the age of 16 who wants to make positive changes to their current lives.



The HAWCs are all trained to offer support and guidance through coaching and motivational interviewing, and offer coaching support to individuals who are committed to engaging in making changes for themselves with the support of a coach, and taking the lead on the changes and goals they would like to achieve. Most of the people we work with have faced a period of crisis or have multiple issues that they need to understand and work through.

Our overall purpose is to improve your overall health and wellbeing, and in order to do this, we want to get to know you and what works for you, what your aspirations and goals are, understand the barriers to achieving these, and the support you draw upon from your personal resources and resources around you to make long term change.

If you know of any individuals who may benefit from some support from a HAWC then please do not hesitate to contact the team to discuss further. There is a duty HAWC available Monday-Thursday 09:00-17:00 and Friday 09:00-16:30, they are contactable via the Adult Social Care SPA (0300 303 3249 for Carlisle & Eden). The Duty HAWC will have a conversation with both the referrer and the individual to determine if HAWC support is appropriate, and from there if deemed appropriate the referral will be allocated to a HAWC who will make contact with the individual and start the coaching support.

## Suicide Prevention

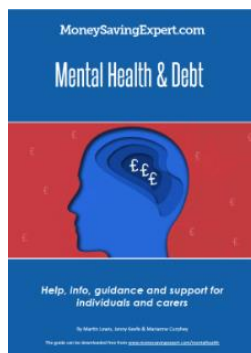
Free suicide prevention skills training and promoting Suicide Safer Communities across Cumbria. Suicide Bereavement Support.

[www.every-life-matters.org.uk/](http://www.every-life-matters.org.uk/)

**Every  
life  
matters** ...

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## Mental Health and Debt



**Help, information, guidance and support for individuals and carers**  
By Martin Lewis, Jenny Keefe & Marianne Curphey

This is a free 44-page PDF booklet supported by Mind, Rethink, CAPUK and others, for people with mental health problems and those caring for them. It covers how to handle debts when unwell, work with banks, free debt counselling, specific tips for bipolar disorder or depression sufferers, whether to declare a condition, and more.

Available to download here:

[https://images6.moneysavingexpert.com/images/documents/mentalhealthguide\\_latest.pdf](https://images6.moneysavingexpert.com/images/documents/mentalhealthguide_latest.pdf)

## Bereavement Care and Support



Cruse is a registered charity and has branches throughout the United Kingdom, which provides free and confidential support to individuals and families, helping them to come to terms with the loss of someone important in their lives and to understand their grief.

**Tel: 0300 600 3434**

If you would like to speak to one of our volunteers please leave a message on our helpline clearly stating your name and contact details. Our helpline relies entirely on volunteers. We aim to reply to every enquiry as soon as possible, but please know it may take a few days to call you back or reply to your email.

**Eden Valley Hospice**



Cumbria's Children's Hospice

Carlisle-based Eden Valley Hospice and its children's hospice Jigsaw offer local residents a bereavement support service, which is free of charge.

It is open to anyone across the region, regardless of where your loved one was cared for.

The telephone support line is staffed by trained bereavement workers who are able to listen when and provide emotional support, and [or] signpost you to other services and resources if necessary.

**To access the bereavement support service, call 01228 810801**

**Remember, you can also;**

- **Contact your GP**
- **Out of hours call the NHS on 111**
- **In an emergency always dial 999**