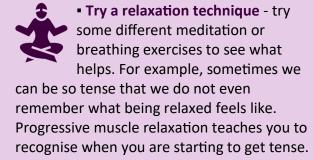
Supporting everyone's mental health

Tips to help people support their mental health when staying at home

essential for our self-confidence and purpose. Try to start your day at roughly the same time you usually would and aim to set aside time each day for movement, relaxation, connection and reflection.

• Move more everyday - explore different ways of adding physical movement and activity to your day and find what works best for you. Even at home, there will be lots of ways to exercise and keep your body moving.



• Connect with others - explore ways of connecting by post, over the phone, social media, or video-chat. This could be anything, from sharing a cup of tea over video, playing an online game together, or simply sending a supportive text message.

*Take time to reflect and practise self-compassion - Make time every day to reflect on what went well. It's important to recognise your successes and the things you are grateful for, no matter how small.

Improve your sleep - There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day. Wind down before bed by avoiding using your phone, tablet, computer or TV for an hour before bedtime.

I have had lots of questions about mental health so I've put together this one page guide with the help of charities.

Daniel Zeichner MP

01223 423252 daniel@danielzeichner.co.uk



Signposting to further help and advice

In an emergency: 999Samaritans: 116 123Text "SHOUT" to 85258

• NHS: 111 www.nhs.uk/oneyou/every-mind-matters/

 Mental Health Foundation: www.mentalhealth.org.uk/ coronavirus

• Mind: 0300 123 3393 www.mind.org.uk/informationsupport/coronavirus/coronavirus-and-your-wellbeing/

C.A.L.M (for men): 0800 58 58 58Anxiety UK helpline: 03444 775 774

• Lifeline: 0808 808 2121

For young people

Papyrus (under 35s): 0800
 068 4141 or text 07786
 209697

Childline: 0800 1111
Young Minds Parents'
helpline: 0808 802 5544

For people in later life

- Age UK: 0800 678 1174

• Independent Age: 0800 319

6789

• Silver Line: 0800

470 80 90

Recognising and responding to signs of more serious problems

SUICIDE PREVENTION ADVICE



Watch out for signs of distress and changes in behaviour

Ask "are you having suicidal thoughts?"

It will pass – assure your loved one that, with help, their suicidal feelings will pass with time

Talk to others – encourage your loved one to seek help from a GP or health professional









