

Supporting everyone's mental health

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



▪ **Plan your day** - regular routines are 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.



▪ **Try a relaxation technique** - try some different meditation or breathing exercises to see what helps. For example, sometimes we can be so tense that we do not even remember what being relaxed feels like. Progressive muscle relaxation teaches you to recognise when you are starting to get tense.



▪ **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.

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All the contacts for city's mutual aid groups can be found at:
www.cambridge.gov.uk/coronavirus-community-group-contact-details

Signposting to further help and advice

- **In an emergency:** 999
- **Samaritans:** 116 123
- **Text "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/information-support/coronavirus/coronavirus-and-your-wellbeing/
- **C.A.L.M (for men):** 0800 58 58 58
- **Anxiety 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

WAIT!

W Watch out for signs of distress and changes in behaviour

A Ask "are you having suicidal thoughts?"

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

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

