

## Wellbeing and mental health advice during COVID 19 lockdown

We wanted to provide some additional information and advice alongside our standard recommendations as some of the services that we work alongside are on pause or running reduced provision for now. Although it is certainly a challenge for all of us to look after our health and wellbeing without access to our normal social and community activities there are still opportunities available. Here are a number of resources that you might find helpful:

### Coronavirus and your wellbeing

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

### Apps for managing anxiety/cycles of negative thoughts

- Pacifica: This app uses a CBT-based approach to counter cycles of negative thoughts, with relaxation and mindfulness techniques and audio exercises.
- Headspace: This app offers guided mindfulness and meditation
- Calm: Over 100 guided meditations covering anxiety, focus, stress, sleep, relationships and more

Or the following book may be helpful: Ten to Zen by Owen O’Kane (Bluebird).

### Tools to help with mental health

<https://www.elefriends.org.uk/>

[www.good-thinking.uk](http://www.good-thinking.uk)

<https://www.giveusashout.org/>

### Practical assistance in Nunhead, Peckham, and Queens Road in London

<https://www.nunheadknocks.com/>

Use our map to find free food, low-cost food, food deliveries, and more available to Southwark Residents during Covid-19.

<https://southwarkcan.org/covid/#foodmap>

### Self-help

NHS Self-help workbooks

<https://web.nrw.nhs.uk/selfhelp/> various conditions

Centre Clinical Interventions

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

Resources on - Anxiety, Assertiveness, Bipolar, Body Dysmorphia, Depression, Disordered Eating, Health Anxiety, Panic, Perfectionism, Procrastination, Self-Compassion, Self-Esteem, Sleep, Social Anxiety, Tolerating Distress, Worry and Rumination

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

[www.nomorepanic.co.uk](http://www.nomorepanic.co.uk)

### **No Panic**

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

Services: Information, advice & telephone mentoring for people (and carers) with Panic, Anxiety, Phobias, OCD and the effects of tranquilizer withdrawal. Plus audio and phone (01952 680835) recording of the Breathing Technique.

Tel: Helpline 0844 967 4848 (10am to 10pm every day)

Email: [admin@nopanic.org.uk](mailto:admin@nopanic.org.uk)

### **OCD-UK**

Tel: Advice Line 03332 127890

Website: [www.ocduk.org](http://www.ocduk.org)

Services: Information and advice for people affected by OCD (and their family/friends), including advice line, blogs, publications, advice on seeking therapy and support group information.

### **Trauma**

International support at <https://www.7cups.com/home/trauma/>

<https://www.traumasurvivorsnetwork.org/forums>

<https://www.outofthestorm.website/>

### **Emotionally Unstable Personality Disorder (EUPD)**

[http://sane.org.uk/support\\_forum/viewtopic.php?t=30614](http://sane.org.uk/support_forum/viewtopic.php?t=30614)

<https://www.healthfulchat.org/support/borderline-personality-disorder-chat-room.html>

<https://www.mentalhealthforum.net/forum/forums/borderline-personality-disorder-forum.142/>

<https://www.bpdworld.org/>

**For partners or family members**

<https://bpdfamily.com/content/membership>

and free online (DBT) courses for families of someone with BPD at the moment:

<https://www.borderlinepersonalitydisorder.org/>

## **Eating disorders**

<https://freedfromed.co.uk/freed-for-all>

<https://www.beateatingdisorders.org.uk/>

## **GP Dr Chatterjee Four Pillar's of Health Podcast**

<https://drchatterjee.com/blog/category/podcast/> Focus on sleep, nutrition, relaxation and physical activity

## **If you experience suicidal thoughts**

Listening Place provide one-to-one counselling (currently on the phone) for anyone having suicidal thoughts, you can self-refer online and they generally contact applicants within 1-2 days <https://listeningplace.org.uk/> 020 3906 7676

[www.good-thinking.uk](http://www.good-thinking.uk)

## **Support for parents and children**

[https://padlet.com/f\\_williams3/lifetime](https://padlet.com/f_williams3/lifetime)

## **Domestic Violence Helpline & Information**

Tel: Freephone Helpline 0808 2000 247

Website: [www.nationaldomesticviolencehelpline.org.uk/](http://www.nationaldomesticviolencehelpline.org.uk/)

<https://safelives.org.uk/news-views/domestic-abuse-and-covid-19>

Services: 24 hour national domestic violence helpline, plus information and resources, run by Refuge and Women's Aid for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.

## **A useful article which mentions some useful apps and podcasts.**

[https://www.theguardian.com/world/2020/mar/28/things-you-can-control-coping-with-radical-uncertainty-oliver-burkeman?CMP=share\\_btn\\_link](https://www.theguardian.com/world/2020/mar/28/things-you-can-control-coping-with-radical-uncertainty-oliver-burkeman?CMP=share_btn_link)

If you do not have internet access and would like more information about any of these resources, please call us on 0203 228 9454 (Mon-Fri 9-5) and we can arrange to send you some information in the post.

Kind regards  
Southwark Assessment and Liaison Teams