

Local Help

Orkney Blide Trust

Tel: 01856 874874

Web: <https://www.blidetrust.org.uk/>

Email: admin@blidetrust.org

Address: 54 Victoria St, Kirkwall, KW15 1DN

Orkney Citizens Advice Bureau

Tel: 01856 490129 or 01856 871568

Email: bureau@orknycab.casonline.org.uk

Relationship Scotland Orkney

Tel: 01856 877750

Email: enquiries@rsorkney.org.uk

Vital Talk Orkney Counselling Service

Tel: 07510 927444

Email: enquiries@vitaltalk.co.uk

Orkney Rape & Sexual Assault Service (ORSAS)

Tel: 01856 872298

Email: contact@orsas.scot

Wellbeing Co-ordinators

Hoy: Denize Lace

Denize.lace.iohdt@gmail.com

Shapinsay: Alison Meason

wellbeing.shapinsay@gmail.com

Sanday: Magda MacDonald

wellbeing@sandaydevelopmenttrust.org.uk

Stronsay: Sarah Powers

sdtwellbeing@gmail.com

Women's Aid Orkney

Tel: 01856 877900 (Monday-Friday (am to 4.30pm) or 07538 786885 outwith these hours

Email: info@womensaidorkney.org.uk

Voluntary Action Orkney

Tel: 872897

Web: <http://vaorkney.org.uk/information/orkney-information-hub>

National Help

Domestic Violence Hotline

Tel: 0808 2000 247

Childline

Tel: 0800 1111

Cruse Scotland – Bereavement Counselling

Tel: 0845 600 2227

Rape Crisis Scotland

Tel: 0808 8010302

The **Every Mind Matters** page on anxiety and NHS mental wellbeing audio guides provide further information on how to manage anxiety. <https://www.nhs.uk/oneyou/every-mind-matters/>

Further advice regarding Coronavirus (Covid-19) is available from NHS Scotland, Scottish Government and UK Government

General advice regarding the Coronavirus (Covid-19) **Scottish Government**. <https://www.gov.scot/coronavirus-covid-19/>

General advice regarding the Coronavirus (Covid-19) from **UK Government**. <https://www.gov.uk/coronavirus>

General advice regarding the Coronavirus (Covid-19) from the **NHS**. <https://www.nhsinform.scot/coronavirus>

Coronavirus & Your Mental Health – Where to Find Help

This is an anxious time for many people, therefore taking care of your mental health and wellbeing is really important. Here are details of where you can find help and support, along with some tips on how to stay well.

Stay Well

Consider how to connect with others - Think about how you can stay in touch with friends and family via telephone, video calls or social media, whether it's people you normally see often or connecting with old friends.

Help and support others - Think about how you could help those around you – it could make a big difference to them and can make you feel better too. (Remember it's important to do this in line with guidance on coronavirus (COVID-19) to keep yourself and everyone safe.

Talk about your worries - It is quite common to feel worried, scared or helpless about the current situation and sharing how you are feeling with family and friends can help them too.

Look after your physical wellbeing - Your physical health has a big impact on how you are feeling emotionally and mentally. Try to eat healthily, drink enough water, exercise inside where possible and outside once a day, and try to avoid smoking, alcohol and drugs.

Look after your sleep - Good-quality sleep makes a big difference to how you feel mentally and physically. Try to maintain regular sleeping patterns and keep good sleep hygiene practices – like avoiding screens before bed, cutting back on caffeine and creating a restful environment.

Try to manage difficult feelings - Some people may experience such intense anxiety about Coronavirus (Covid-19) that it becomes a problem. Try to focus on the things you can control, including where you get information from and actions to make yourself feel better prepared.

Manage your media and information intake - If news and social media are making you worried, try to limit the time you spend watching, reading, or listening to media coverage of the outbreak. It may help to only check the news at set times or limiting to a couple of checks a day.

Get the facts - Gather high-quality information from trusted sources to help you determine your own or other people's risk of contracting coronavirus (COVID-19). Find a credible source you can trust such as GOV.SCOT, GOV.UK, or the NHS website, and fact check information that you get from newsfeeds, social media or from other people.

Think about your new daily routine - Think about how you can adapt and create positive new routines – try to engage in useful activities (such as cleaning, cooking or exercise) or meaningful activities (such as reading or calling a friend). You might find it helpful to write a plan for your day or your week.

Do things you enjoy - Focussing on your favourite hobby, learning something new or simply taking time to relax indoors should give you some relief if you are feeling anxious. There are lots of free tutorials and courses online and people are coming up with innovative online solutions like online pub quizzes and streamed live music concerts.

Set goals - Think about things you want or need to do that you can still do at home. It could be watching a film, reading a book or learning something online.

Keep your mind active - Read, write, play games, do crossword puzzles, sudokus, jigsaws or drawing and painting. Find something that works for you.

Relax and focus on the present - This can help with difficult emotions, worries about the future, and can improve wellbeing. Relaxation techniques can also help some people to deal with feelings of anxiety.

Once a day get outside, or bring nature in - Spending time in green spaces can benefit both your mental and physical wellbeing. Get out in the garden (if possible), or spend time with the windows open to let in fresh air. (Remember when to keep 2 metres apart from others who are not members of your household group.)

Where to get Help

Dealing with a Mental Health Crisis or

Emergency - You may find that the added stress of the current situation could have a big impact on your mental health. In some cases, you may feel that you are having a mental health crisis as you no longer feel able to cope or be in control of your situation.

You may feel great emotional distress or anxiety; feel that you cannot cope with day-to-day life or work; think about self-harm or even suicide; or experience or hear voices (hallucinations).

If this sort of situation happens, you should get immediate expert assessment and advice to identify the best course of action.

If you are already receiving mental health care, contact your mental health team to discuss how care will continue, and to update safety/care plans. If you need to speak someone please call **01856 888280**.

If you have a specific care plan that states who to contact when you need urgent care, follow this plan.

Urgent help is also available from:

Samaritans - 24 hours a day, 365 days a year

Tel: **116 123**

Web: <https://www.samaritans.org>

Email: jo@samaritans.org

Breathing Space - Weekdays: Monday-Thursday

6pm to 2am, Weekend: Friday 6pm-Monday 6am

Tel: **0800 83 85 87**

Web: <https://breathingspace.scot/>

Mind – Monday-Friday 9am to 6pm

Tel: **0300 123 3393**

Web: <https://www.mind.org.uk/>

Call 999 if you are seriously ill or injured and your life is at risk. A mental health emergency should be taken as seriously as a physical health emergency.