

COVID-19

Many of us are finding things hard just now. Coping with isolation and changes to our routines can make everything seem more challenging.

It is important that we look after our mental health.

We can do this by talking openly and honestly about our mental wellbeing and following these simple steps.

and Your Mental Wellbeing

Keep in touch with family and friends or access telephone befriending (Perth & Kinross: 0345 30 111 00)



Use the supports available to you - GP, Citizen Advice Bureau, www.taysidecares.co.uk



Social media - try to limit use if this starts to affect your mood



Stick to a routine - daily activities, mealtimes, bedtimes



Aim for a healthy lifestyle - try to keep active, eat well and limit your alcohol intake



Keep busy - consider taking up a new hobby



Reach out to others - consider how you could help others or volunteer in your community



Crisis information

If you are experiencing a mental health crisis phone your GP or care team first. If you are unable to talk to them, phone 111 or one of the free helplines:

Samaritans - 116 123 (24 hrs)

Breathing Space - 0800 83 85 87 (evenings and weekends)

Childline - 0800 1111