

**West Dunbartonshire**

**Health & Social Care Partnership**

Psychological wellbeing during the COVID-19 crisis



The current COVID-19 crisis will affect us all in different ways: physically, emotionally, socially and financially. If we were struggling with our mental health before this crisis then we may feel worse or less able to cope. However, we also know that when people are faced with chronic stress and adversity they will often show resilience in the face of immense pressure, and it is important to hold this in mind as best we can.

There is already a huge amount of information out there about COVID-19 and it can be difficult to know what to pay attention to so we have put together the best examples of what we can find with regards to resources, apps and useful phone numbers.

Apps

A number of apps are listed below that can help with managing stress.

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| App | Logo | Description |
| Calm |  | Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music. This app is truly universal; whether you’ve never tried meditation before or regularly practice, you’ll find the perfect program for you |
| Headspace: Meditation and sleep  |  | The Headspace app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus. The app also has a handy “get some headspace” reminder to encourage you to keep practicing each day. |
| ACT Companion: Happiness Trap  |  | This app has a number of different relaxation exercises and other useful exercises for coping with stress.Download the app and enter the code TOGETHER on the subscription page to unlock all the premium app content for three months. This code is valid until the end of June.  |

Websites and phone numbers

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| Area | Practical tips | Helpful resource (s)[[1]](#footnote-1) |
| Accessing helpful information | * It’s important to access information through high quality sources and on a regular enough basis that you know the facts, but not so regular that you begin to feel overwhelmed.
* Think about limiting your screen time each day and only checking news sources one or twice a day and perhaps turning off notifications from news websites if you find these can be distressing.
 | * <https://www.nhsinform.scot/coronavirus>
* <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
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| Managing our thoughts and feelings | * Distressing thoughts and feelings are a normal reaction to the current crisis.
* Noticing our thoughts, stepping back from them and asking ourselves if they are *helpful* or *unhelpful* can be a useful way of coping. The resources listed can help with this as can the apps below.
 | * <https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>
* <https://stresscontrolaudio.com/home> (relaxation exercises)
* <https://drive.google.com/file/d/117HY4z4mY5izJpR44ejuZ8rhTyoWEGEG/view>
* <https://www.youtube.com/watch?v=BmvNCdpHUYM&feature=youtu.be>
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| Staying physically well | * Physical activity is hugely beneficial to our mental health. ‘The Body Coach’ has a large number of exercise videos on his YouTube channel.
 | * <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>
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| Staying social | * We know that staying social can have a positive impact on our mental health. This is obviously difficult at this time, however there are lots of ways to do this included in the resource.
 | * <https://www.latimes.com/lifestyle/story/2020-03-19/stay-virtually-connected-with-friends>
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| Keeping the kids happy | * Let children talk about their worries, reassure them they are safe and try and maintain a routine and structure throughout the day.
 | * <https://mummymatters.co.uk/wp-content/uploads/2020/03/Corona-Anxiety-self-help.pdf>
* <https://young.scot/campaigns/national/coronavirus>
* <https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf>
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| Organisation | Description | Phone number | Website |
| Breathing Space | Offers a free, confidential phone and web-based service for people in Scotland experiencing low mood, depression or anxiety. | 0800 83 85 87 | * [www.breathingspace.scot](http://www.breathingspace.scot)
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| Samaritans | 24-hour emotional support for anyone struggling to cope. | 116 123 (Freephone) | * [www.samaritans.org](http://www.samaritans.org)
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| Woman’s Aid | Support for woman struggling with a range of difficulties | N/A | * <https://www.womensaid.org.uk/information-support/>
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| Working4U (money) | Provide information and assistance to all residents within the authority on a wide variety of benefit, money, fuel, housing and social care related issues.  Service offers a full benefit check and/or money advice.  | 01389 776929 | * <https://www.west-dunbarton.gov.uk/benefits-and-grants>
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| Citizens Advice Bureau | WDCAB offers general advice and assistance across a wide range of subjects. | Alexandria: 01389 752727Dumbarton: 01389 744690Clydebank: 0141 435 7590 | * <http://www.wdcab.co.uk/advice>
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| Living Life  | Provides is a free phone based service offering therapy for anyone in Scotland over 16 years of age with: low mood, mild to moderate depression or anxiety. | 0800 328 9655 | * <https://www.nhs24.scot/our-services/living-life>
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| NHS Inform | Acts as the first point of contact for all COVID-19 patients presenting symptoms and provides information about COVD-19. | n/a | * <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>
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| DACA | Community alcohol service for West Dunbartonshire providing support for anyone affected by their own or a loved one’s drinking. | **Clydebank: 0141 952 0881****Dumbarton: 01389 731456** | * <https://daca.org.uk>
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| Alternatives | Offer alternatives to drug use through a range of services to individuals and families currently or previously affected by drugs. | Clydebank: 0141 951 2420Dumbarton: 01389 734 500 | * <http://www.alternativeswd.org>
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| Shelter | Offers housing advice | 0808 800 4444 | * <https://scotland.shelter.org.uk>

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1. *Please note the content of these pages may change over time and we are not in control of this.*  [↑](#footnote-ref-1)