

Mental Health in Lockdown

We understand many people may be feeling a sense of stress and anxiety, and as we have entered another national lockdown today – we would like to share some of the support that is available to you. We have gathered some useful websites for your specific areas, where you can find advice and support if you are struggling to cope with your mental health.

Cheshire and Merseyside

'Kind to your mind' is a website that is dedicated to helping you look after your mental wellbeing. It offers a range of useful resources to help you, including support lines available, podcasts, and other health and wellbeing apps and advice. <https://kindtoyourmind.org/>

'ALMA' is a dedicated health and wellbeing website, it is completely free and brought to you by the Cheshire and Merseyside Health and Care Partnership. Alma provides a range of resources to support your mental and physical wellbeing during Covid19, including health and wellbeing apps and online therapy courses. <https://www.almahealth.co.uk/>

If you are an NHS staff member, you can also find support for you and your colleagues to help you to cope during Covid19 and in the aftermath. You can find various toolkits, resources and offers on this website <https://www.nhsemployers.org/covid19/health-safety-and-wellbeing/support-available-for-nhs-staff>

Christmas card campaign – supporting loneliness

With Christmas just around the corner, now more than ever, people will feel the effects of loneliness, especially as this year has been a very unsettling year for us all. There has been an increase in mental health concerns this year, so there are many organisations out there who are doing their best to support in their own way. Our colleagues at the Integrated Care Community Hubs (ICC) have created a Christmas card campaign this year, to hold out their hand to help and support anyone who is experiencing loneliness. Christmas time can become a very crucial and isolating time for some people. If you would like to download a free Christmas card online, or request a community pack, you can do so by clicking the following link - <https://christmascardcampaign.com/>. Cards will be posted to people in local communities, those without any family or support networks and older aged adults in sheltered accommodation etc. On the back of the cards, there is useful contacts and numbers that are available during the festive period to provide them with the help and support they need.