



# Mental Health and Wellbeing Support for all the Family

During this difficult time there is still help for those of you that may be suffering mental health difficulties.



**Keeping safe,  
happy and  
healthy**

'Mind' gives help and advice for adults, older children and teenagers. The link below will help with how to stay active at home, wellbeing, managing stress, loneliness, anxiety, panic attacks, bereavement and grief.

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



**Talking**

'Young Minds' gives tips and advice for parents with younger children who may be struggling with their mental health and wellbeing during the Coronavirus (COVID19) pandemic. Please click on the link below.

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>



**Family**

The NHS are offering a Mental Health Support Line during the COVID-19 pandemic for Derby residents of all ages. This service is available by ringing this free number; **0800 0280077**. This support line is available 24 hours a day, 7 days a week. Or click on the link below.

<https://www.derbyshirehealthcareft.nhs.uk/getting-help/coronavirus-covid-19/mental-health-support-line>

## 10 ways to keep mentally well

- Talk about your feelings
- Keep active
- Eat well
- Drink sensibly
- Keep in touch with family and friends
- Ask for help
- Take a break
- Do something you're good at
- Feel good about yourself
- Care for others

## Remember...



- Be resilient!
- Be determined!
- Be brave!
- Set yourself goals!
- Be flexible!
- Be curious!
- Never give up!

## Fun things to do at home

- Try yoga
- Have a dance party
- Dress up
- Create a scrapbook
- Have a picnic at home
- Try karaoke
- Play name that tune
- Try a new recipe
- Watch family movies
- Play a board game
- Make a family video
- Look at the stars/ clouds
- Exercise
- Declutter your home
- Have a pamper party
- Act out a favourite story

**Keep safe, keep healthy, both physically and mentally.**