



# STAYING AT HOME COMES WITH ITS CHALLENGES.

You might experience feelings of frustration, boredom or loneliness. You might feel extremely stressed about the situation and worried about your loved ones. If you have an existing mental health condition, self-isolation might be particularly difficult. You can use this chart to help you gauge your mental health and see where you can get the right support.

## 1) I AM FEELING ANXIOUS OR LONELY AND NEED SOME SUPPORT

### PRACTICAL SUPPORT

If you need help to get shopping or prescriptions collected, or are finding it lonely during lockdown and would like to be introduced to a befriender, please call the Hackney Volunteer Hub on **020 8356 3111** or fill in the form at [www.community.hackney.gov.uk](http://www.community.hackney.gov.uk).

### FINDING SUPPORT SERVICES MAP

Find out about organisations near you that are offering over the phone or online support on how to keep fit; gardening, music and other classes; food and shopping; stopping smoking; anxiety and loneliness; as well as advice about employment, benefits, money, addiction and domestic abuse.

Available at:  
[hackney.gov.uk/find-support-services](http://hackney.gov.uk/find-support-services)

### OTHER USEFUL WEBSITES:

- City and Hackney 5 to Thrive
- MIND
- Every Mind Matters

## 2) I AM FEELING VERY ANXIOUS OR DEPRESSED AND NOT COPING. I NEED SOME ADVICE, TREATMENT AND SUPPORT

### YOUR GP

If you have concerns about your mental health and want to discuss these with a health professional, you can speak to your GP. They are still there to support you during this difficult time and can provide advice as well as suggest treatment options, or refer you to available support services.

### TALK CHANGES

If you feel scared, anxious, upset or are having trouble eating or sleeping because of Coronavirus and the lockdown, you can also speak with someone from Talk Changes directly without speaking to your GP. This is a free NHS service to help you manage your mental health and wellbeing. You can speak to someone by calling **020 7683 4278** or visit [www.talkchanges.org.uk](http://www.talkchanges.org.uk)

### DERMAN

Provides talking therapies for the Turkish-speaking community. Call **020 7613 5944** or email [services@derman.org.uk](mailto:services@derman.org.uk)

### BIKUR CHOLIM

Provides talking therapies for the Charedi community. Call **020 8800 7575** or email [ehreferrals@bikurcholim.co.uk](mailto:ehreferrals@bikurcholim.co.uk)

### BEREAVEMENT SUPPORT

St Joseph's Hospice provides support and counselling for bereaved family and friends. Contact **0300 30 30 400** or email [stjosephs.firstcontact@nhs.net](mailto:stjosephs.firstcontact@nhs.net).

## 3) I AM EXPERIENCING SUICIDAL THOUGHTS OR FEAR HARMING OTHERS

### 24-HOUR CRISIS HELPLINE

It's very important that you get the help you need as soon as possible. Help and support is available right now if you need it. You do not have to struggle with distressing feelings alone.

Call our 24-hour Crisis Helpline on **020 8432 8020** and speak to one of our trained staff for free and confidential advice. Lines open all day, every day.