



Mental health

Finding support

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Health

Mental health

When we think of our health, we're often quick to talk about our physical health, but reluctant to talk about our mental health.

With the stress of routine change and a global pandemic, it's more important than ever for us to watch out for our mental wellbeing and seek help when we need it.

In this factsheet, you'll find a list of reliable sources of information and support.

Remember: If you feel you're struggling with your mental health, reach out to friends, family and your GP for further support - you're not alone.



In this factsheet

- Information sources
- Helplines
- Mental health apps

Further mental health support

Mental health problems are more common than you might think: 1 in 4 adults in the UK will experience a mental health issue each year.

Here are some trustworthy, helpful sources when it comes to mental health support.

Information

Rethink mental illness

<https://www.rethink.org/>

This site has lots of useful information on mental health generally as well as content specifically around coronavirus and mental health.

Mental Health Foundation

<https://www.mentalhealth.org.uk/>

From podcasts and videos to inspiring stories, there's lots of content on the Mental Health Foundation's website to support your wellbeing.

Anxiety UK

<https://www.anxietyuk.org.uk/>

As well as a lot of useful information and tools to manage anxiety, this charity also has a specific section about anxiety and coronavirus.

Mind

<https://www.mind.org.uk/>

From sharing personal mental health stories to information on the different types of psychiatric medicine, Mind is a wealth of information and advice about all mental health issues.

Get self help

<https://www.getselfhelp.co.uk/>

Though not the fanciest website, there are many downloadable resources with exercises to help you understand and shape your mental health.

Helplines

Below are just a handful of the mental health support lines available in the UK. For a longer list of support options, take a look at the NHS's [list of mental health helplines](#).

Samaritans

116 123

Available to listen 24 hours a day, 365 days a year, the Samaritans is a free listening service that anyone can use. They also run an email support service.

The Mix

0808 808 4994

Especially for under 25s, The Mix helpline is available Sunday-Friday 2pm–11pm. You can also request support or via email or their crisis text message service.

Campaign Against Living Miserably (CALM)

0800 58 58 58

For those who identify as male, CALM run a dedicated support line in the evenings from 5pm to midnight every day. You can also use their webchat service.

SANeline

0300 304 7000

SANeline supports those experiencing a mental health problem or supporting someone else. The helpline is open 4.30pm–10.30pm every day.

Papyrus HOPELINEUK

0800 068 4141

For those who are under 35 and struggling with suicidal feelings, Papyrus is available weekdays 10am–10pm, weekends 2pm–10pm and bank holidays 2pm–10pm.

Switchboard

0300 330 0630

For people who identify as gay, lesbian, bisexual or transgender, the Switchboard helpline is open 10am–10pm every day.

Apps

Cove

<http://www.cove-app.com/>

Finding the right words to express how you feel can be hard. Cove takes a different approach and helps you create music to reflect emotions. You can share your creations with people or store it in your personal journal.

Happify

<https://www.happify.com/>

Happify uses a mixture of different exercises and games to help you evaluate your mood and practise techniques to help you boost your wellbeing.

Chill Panda

<http://chillpanda.co.uk/>

Using your heart rate, Chill Panda suggests breathing exercises or light exercise to suit your mood and help you relax.

Headspace

<https://www.headspace.com/>

One of the best known meditation apps out there, Headspace is great for those who are new to meditation and want to learn more about it. The 10-day intro course is free, but after it's £9.99 a month or £49.99 if paid annually.

7 Cups

<https://www.7cups.com/>

Sometimes you just need to talk - and that's where 7 Cups might be helpful. It calls itself "the world's largest emotional support system" with trained volunteers ready to listen. Conversations are anonymous, confidential and the service is free.

Wellbeing toolkit

This factsheet is part of our Wellbeing Toolkit aimed at helping teams stay well during the coronavirus outbreak.

Each week, a new pair of factsheets covering mental and physical wellbeing is released.

Take a look at westfieldhealth.com/covid-19 for access to all resources.