

Support in communities



Volunteering with a local charity or community group is a great way to help other people.



It also helps your own mental health and wellbeing.

Government support

We have given extra money to:



- local charities and community groups so they can help more people who need support



- mental health charities



- local groups of people with mental health conditions.



NHS Volunteer Responders

NHS Volunteer Responders support people who have to stay indoors because of COVID-19. They help with things like:

- shopping
- collecting medicines.



Local councils

The Government has given local councils extra money to help people who could be very ill if they catch COVID-19.



Carers

Unpaid carers are doing important work during the COVID-19 outbreak.



We are making sure that carers get support for the extra work they do during this time.



Loneliness

We are giving extra money to charities so they can help people who are lonely.



Vulnerable children and young people

Vulnerable means you need some support to stay safe and well.



We are giving extra money to charities who are supporting the most vulnerable children and young people.



We are also giving money towards extra help for **foster families**.

Foster families look after children who can't live with their own parents.



We are giving money to help families who have **adopted** a vulnerable child.

Adopted means a child becomes part of a new family when they can't be brought up by their own family.



Early years

We are giving extra money to help young children who don't get much support. The money will help them learn how to read and understand words.



Schools

We are helping teachers who are having difficulties with their mental health and wellbeing.

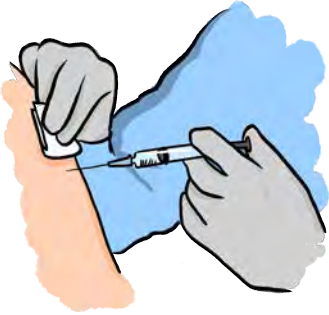


We are helping schools stay open so that children can catch up after missing lessons.



The physical health of people with a mental health condition

We are asking local doctors to check that people with a mental health condition are staying healthy with:



- a regular health check
- a flu **vaccine**. A **vaccine** is a jab that helps to stop you getting an illness



- a review of their care plan.



Social care

Social care is support you need to look after yourself.



We are looking at our advice and information for people who get a social care service.

Mental health services



Mental health services have stayed open during the COVID-19 outbreak.



Many services have had to change the way they work during the COVID-19 outbreak.



Many **talking therapies** appointments are now online.

Talking therapy is where you meet with a health professional and talk about your issues.



We are making sure you can still see someone face-to-face in a way that keeps everyone safe from COVID-19.



Services are checking on people with a mental health condition who are also likely to be very ill if they catch COVID-19.



Help Us Help You

Help Us Help You is a NHS campaign that encourages people to ask for help if they are having difficulties with their mental health.



Long COVID

Long COVID is where people still have health problems for a long time after they have stopped being ill with COVID-19.



We are looking at ways to help people with long COVID who have problems with their mental health and wellbeing.



Patient beds

We will help mental health services to support more patients who need to stay overnight, so that they can stay until it is safe for them to leave.

PPE



PPE stands for personal protective equipment. It is the face coverings, aprons, gloves and other things that people wear to keep safe from COVID-19.



We are making sure that mental health services are getting enough PPE.



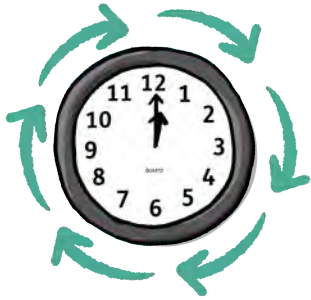
Testing

We are making sure that our staff get a test for COVID-19 when they need one.



Emergencies

All mental health trusts have set up an emergency telephone line for people who need urgent help with a mental health problem.



The telephone lines are open every day, all day and night.



You can find out more at:
www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline



We can now help more people who are in an emergency.



The accident and emergency departments (A&E) in hospitals have more mental health staff.

Supporting health and social care workers



NHS staff

We are giving a lot of support to our health staff.

This includes:



- a private telephone line for staff who need to talk but don't want to give their name



- a helpline for people when someone they know has died



- a way for staff to meet and share problems online.

We are also:



- setting up mental health and wellbeing **hubs** for NHS health staff. A **hub** is a service that covers a wide area



- improving work places for NHS staff in a way that helps their mental health and wellbeing



- asking every NHS organisation to check on the mental health and wellbeing of their staff.

Social care staff



We have worked with different charities to set up **Our Frontline**.

Our Frontline is a service to get help quickly to social care staff and others if they are finding it very difficult to cope.



You have to text the message 'FRONTLINE' to 85258 to start a conversation.



Hospice UK has set up a helpline for social care staff if someone they know has died.



We have written guidance for people working in adult social care. This includes ways to stay healthy during the COVID-19 outbreak.

We have set up a new website and app called **CARE**.



CARE has lots of information and advice for care workers. You can find out more at:

www.workforce.adultsocialcare.uk

Some tips to improve your mental health and wellbeing



Go to a green space

Spending some time in green space in daylight improves your wellbeing and helps you to feel good about yourself.



Make a mind plan

A **mind plan** is a guide for you to look after your own mental health and wellbeing.

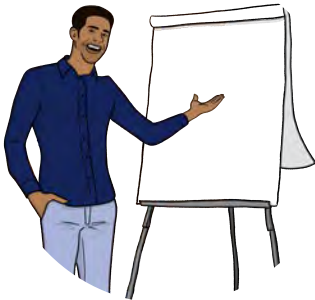


You can make your own mind plan by answering a few easy questions on this NHS website: **www.nhs.uk/your-mind-plan-quiz**

Get some psychological first aid training



Psychological first aid is the help you give to someone who is finding it very difficult to cope with their mental health.



The training will teach you how to help someone who is in difficulty.



You can find out more at:
www.futurelearn.com

For more information



If you need more information please go to:

www.gov.uk/dhsc