



## ASCOT MEDICAL CENTRE

### COVID Wellbeing

Here is a list of phone numbers, websites and information that may be useful for patients with any concerns about health and related issues currently.

#### Self-help - for stress and anxiety

**NHS website** - Links/ audio-guides/ways to deal with stress  
<https://www.nhs.uk/conditions/stress-anxiety-depression/>

**Talking therapies** 0300 365 2000  
<https://talkingtherapies.berkshirehealthcare.nhs.uk>

**Mind website** 0300 123 3393  
<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

**Government website**  
<https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>

#### Fitness and wellbeing

**NHS fitness studio**  
<https://www.nhs.uk/conditions/nhs-fitness-studio/>

**You tube – Body Coach TV**  
<https://www.youtube.com/user/thebodycoach1>

#### Young people

**Young minds** – Parents Helpline 0808 802 5544  
<https://youngminds.org.uk/find-help/conditions/anxiety/>

**Government website**  
<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

#### Apps for anxiety and wellbeing

**NHS website**  
<https://www.nhs.uk/apps-library/category/mental-health/>

**Calm**  
<https://www.calm.com>

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



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### Urgent support

NHS website

<https://www.nhs.uk/oneyou/every-mind-matters/urgent-support/>

Samaritans 116 123

<https://www.samaritans.org/how-we-can-help/contact-samaritan/talk-us-phone/>

Crisis team phone 0300 365 0300 or 0300 365 9999

Emergencies phone 111 or 999

### Practical issues

#### Supplies

Think about how you can get any supplies you need – either from a neighbour, family friends or a delivery service so you don't worry about running out. Try to pick healthy food, especially as you might not get as much exercise as normal.

#### Financial concerns

You may be worried about work and money if you have to stay home – these issues can have a big impact on your mental health. For guidance on what your rights are at work, what benefits you are entitled to and what further support is available please see our [Guidance for Employees](#) or advice from [Citizens Advice](#) or the [National Debt Line](#).

<https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>

<https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>

<https://www.nationaldebtline.org/EW/factsheets/Pages/coronavirus-advice-and-support/help-and-advice.aspx>

#### If you care for other people

You may be worried about how to ensure care for those who rely on you – either your dependants at home or others that you regularly visit. Let your [local authority](#) know if you provide care, or support someone you don't live with. Further advice on creating a contingency plan is available from [Carers UK](#).

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

Contact details for your local Citizens Advice and other helplines:

Windsor and Maidenhead 03444 111 444 Bracknell 03444 111 306

<https://www3.rbwm.gov.uk/>

Government Support for the Vulnerable 0800 028 8327 (dedicated line)

Register at <https://www.gov.uk/coronavirus-extremely-vulnerable>

National Debt Line 0808 808 4000

Carers UK 0808 808 777



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## Get coronavirus support as a clinically extremely vulnerable person

If you have a [medical condition which makes you extremely vulnerable](#) to coronavirus (COVID-19), register on the government website whether or not you need support. Click on the link below to check if you fall into this category.

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

You may have received a letter from the NHS telling you that you're clinically extremely vulnerable, or been contacted by the surgery or hospital clinician. If this has not happened, contact the surgery or clinician after you register with this service.

It may take time for any support offered through this service to arrive. Wherever possible you should continue to rely on friends, family and wider support to help you meet your needs.

You can register yourself, or on behalf of someone else clicking on the link below.

<https://www.gov.uk/coronavirus-extremely-vulnerable>

## Looking after your mental wellbeing

Understandably, you may find that social distancing can be boring or frustrating. You may find your mood and feelings are affected and you may feel low, worried or have problems sleeping and you might miss being outside with other people. At times like these, it can be easy to fall into unhealthy patterns of behaviour which in turn can make you feel worse. There are simple things you can do that may help, to stay mentally and physically active during this time such as:

- look for ideas of exercises you can do at home on the [NHS website](#)
- spend time doing things you enjoy – this might include reading, cooking, other indoor hobbies or listening to the radio or watching TV programmes
- try to eat healthy, well-balanced meals, drink enough water and try to avoid smoking, alcohol and drugs
- keep your windows open to let in fresh air; get some natural sunlight if you can, or get outside into the garden

You can also go for a walk or exercise outdoors if you stay more than 2 metres from others.

It is important to [look after your mental health and wellbeing](#). Further guidance is also available on [supporting children and young people's mental health and wellbeing](#).