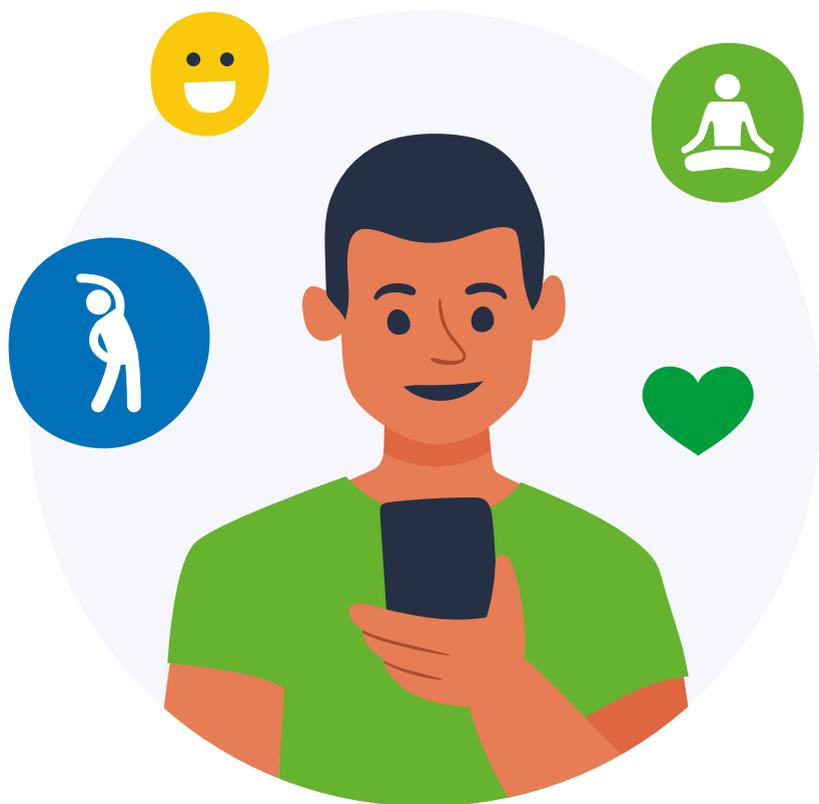


# Support during the Coronavirus outbreak



# About the service

**We are a free and confidential talking therapies service for people in Kensington and Chelsea or Queens Park and Paddington who need support with their mental health. The service can offer telephone and digital appointments providing a range of support for people who experience difficult emotions such as low mood, anxiety and stress.**

During the coronavirus outbreak we are here to provide support for those who are self-isolating or anxious about the impact of the virus on themselves and their families and loved ones. We will be providing brief, targeted interventions to help people manage during this difficult time.

This Covid-19 related support will be in addition to continuing to provide support for people with problems such as stress, anxiety, depression and insomnia, and we will continue to accept referrals and offer support. Our services can also provide links to resources in the community, online self-help resources, and other support where appropriate.



# How to access support

Community Living Well and Grenfell Health and Wellbeing Service (GHWS) are working together in Kensington and Chelsea to respond to the coronavirus outbreak.

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## Who to contact

The **Grenfell Health and Wellbeing Service** is still open and taking referrals, and you can get in touch or find out more about referrals on the website **[www.grenfellwellbeing.com](http://www.grenfellwellbeing.com)** or by phone at **020 8637 6279**.

You can self-refer to **Community Living Well**, find out more information about us, and find helpful resources on our website **[www.communitylivingwell.co.uk](http://www.communitylivingwell.co.uk)**. You can also reach out to us by email at **[cnw-tr.clw@nhs.net](mailto:cnw-tr.clw@nhs.net)** or by phone at **0203 317 4200**.

You can also get in touch with your local council who could also offer more support:

- Kensington and Chelsea council by email at **[C19Hub@rbkc.gov.uk](mailto:C19Hub@rbkc.gov.uk)** or by phone at **020 7361 4326** (9am to 5pm, every day).
- Westminster Council, online at **[www.westminster.gov.uk](http://www.westminster.gov.uk)** or by phone at **020 7641 122** (8am to 10pm, every day).



# Helpful things to do



## Make a schedule

Keeping a routine can be a really useful way to stay active, and have control over your day. Think about writing up a timetable to put on the wall, and write out what activities you will do throughout the day. It's important to include things that will be enjoyable, calming, as well as productive.

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## Keeping healthy

Take care of your basic needs; get rest and eat healthily. Remember, exercise is good for your physical health, and it can also boost your mood. You can still go outside for one form of exercise, just remember to practice social distancing and keep 2 metres apart.



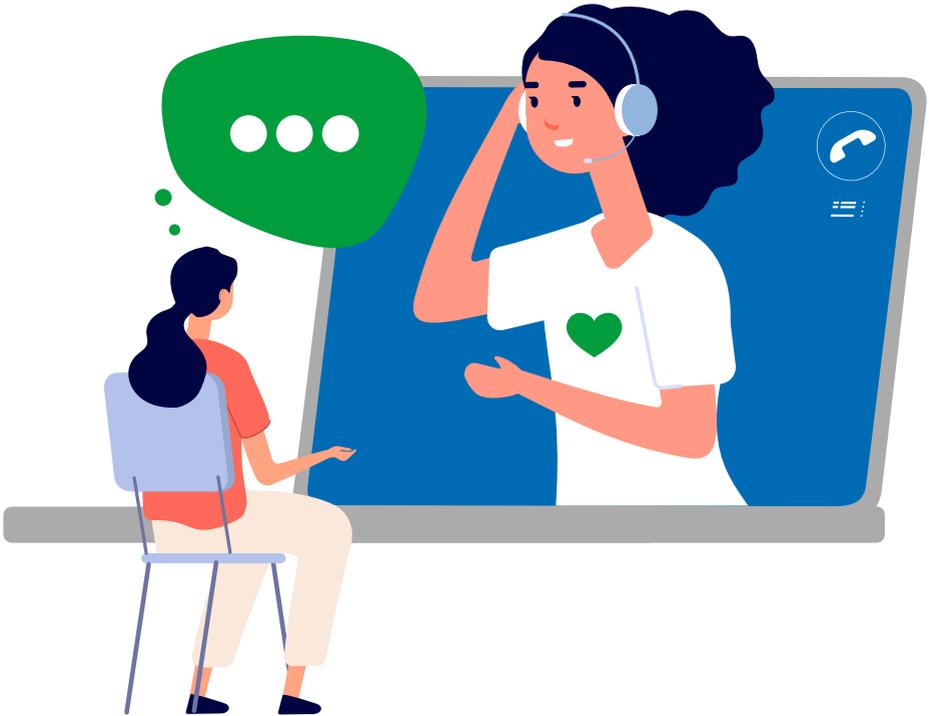
## Finding calm

It may be useful to write down all the questions you have, and look for the answers from reliable sources such as the NHS and Gov.uk. Finding things that are comforting to us can help with being calm and relaxed. You can find free phone apps and tools such as Calm which helps with relaxation, or Chill Panda relaxation for children, MeeTwo, a safe space for teenagers to share, and Every Mind Matters for adults.



## A positive note

It's important to remember that there is hope and people are getting together at difficult times to support each other. End your day on a positive note, by spending a few minutes before bedtime to tell each other in person, by phone or even write in a journal something positive that happened in the day – or something positive you hope will happen in future.



## We are here to help

If you are finding things are too much for you or a friend or family member, our Talking therapies services are here to help.

**If your mental health deteriorates or if you experience any thoughts of self-harm**

please contact the CNWL Single Point of Access Team on

**0800 0234 650**

or the Samaritans for free on **116 123**.



This document is also available in other languages, large print, Braille, and audio format upon request. Please email [communications.cnwl@nhs.net](mailto:communications.cnwl@nhs.net)

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

## Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

## Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

## Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

## Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

## Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

## Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

## Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

## Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

## Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

## Turkish