

# 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 AND WELLBEING SUPPORT

We Are Islington; the borough's humanitarian response to the coronavirus (Covid-19) emergency can help. Lines are open every day from 9am to 5pm

**020 7527 8222 - 020 7527 1900** (minicom) or for BSL use Signvideo [islingtonhelpline.signvideo.net/](https://www.islingtonhelpline.signvideo.net/)

Or email [weareislington@islington.gov.uk](mailto:weareislington@islington.gov.uk)

Find out about organisations near you offering over the phone or online support on how to keep fit; and other classes; food and shopping; anxiety and loneliness; as well as advice about employment, benefits, money, addiction and domestic abuse at: [www.islington.gov.uk/social-care-and-health/coronavirus-covid-19/need-help](https://www.islington.gov.uk/social-care-and-health/coronavirus-covid-19/need-help)

### ISLINGTON MIND

Islington MIND are still available to provide mental health support remotely including telephone emotional support, running specialist services remotely, offering specialist individualised support as well as virtual social, community spaces and activities.

Call **020 3301 9850**, or email [admin@islingtonmind.org.uk](mailto:admin@islingtonmind.org.uk)

## 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.

### TALKING THERAPIES AND BEREAVEMENT SUPPORT

Islington iCOPE (psychological therapies service)

iCOPE are providing a tailored Covid-19 response. Self-referrers will be called within 48 hrs, offered practical and emotional support and coping skills, to help you to decide whether you would like further support. In addition to their usual psychological treatment, iCOPE are also offering up to 3 sessions of therapeutic support for those who are bereaved and are finding it difficult to cope during the pandemic.

They are running specialist online webinars for anxiety and low mood during the Covid-19 pandemic.

You can self-refer to iCOPE via their website [www.icope.nhs.uk/](https://www.icope.nhs.uk/) or by calling **0203 317 7252**.

### CAMDEN CITY ISLINGTON WESTMINSTER

**BEREAVEMENT SERVICE** provide bereavement and loss counselling delivered by counsellors and therapists. You can call them on **020 7284 0090** or self-refer via their website; [www.bereavement-counselling.org/](https://www.bereavement-counselling.org/)

## 3 I am having suicidal thoughts and fear harming myself or others

### 24-HOUR CRISIS HELPLINE

It's very important that you get the help you need as soon as possible.

You do not have to struggle with distressing feelings alone.

You can contact the C&I Crisis Single Point of Access on **020 3317 6333**. This number is available 24 hours a day, 7 days a week.

### NCL SUICIDE PREVENTION HELPLINE

The helpline is open Monday, Wednesday and Friday from 6pm-8pm and on Sunday from 6pm-9pm.

This helpline will provide support via:

- a freephone number **08088 02 00 80** (Calls to this helpline are free from landlines and mobile phones within the UK and do not appear on itemised bills.)
- by text message on **07860 058 793** (Text messages are charged at usual network rate and texts will be responded to during helpline opening hours)
- webchat, which can be accessed during service opening hours by visiting [www.rethink.org/ncl-suicide](https://www.rethink.org/ncl-suicide)
- The service can be found on Facebook by searching **@NCLSuicidePreventionandBereavementService**