



## NHS Greater Glasgow and Clyde Mental Health Improvement Team

### Responding to Distress during COVID-19

At times in our life we can all find it difficult to cope, sometimes we harm ourselves or think of ending our lives. The outbreak of COVID 19 is one of those situations and it is important that we raise awareness about the potential increase in self harm and suicidal thoughts as a result of this. We all need to protect those at risk of self harm and suicide and make special efforts to reduce the impact of loneliness, loss of control and feelings of hopelessness by staying connected in whatever ways we can despite the social distancing measures in place. Below are some resources across the life course to help respond to those in distress and offer support.

#### Pregnant and New Parents

**Mood disorders during pregnancy and after the birth of your baby:** a booklet for women and their families: [www.sign.ac.uk/assets/pat127.pdf](http://www.sign.ac.uk/assets/pat127.pdf)

**The Pandas Foundation:** Free helpline, **0808 1961 776** open Monday to Sunday 9am – 8pm, to parents and their networks who need support with Perinatal Mental Illness.

#### Children and Young people

**Young Minds:** provides information on coping with self harm and suicidal feelings. <https://youngminds.org.uk/>  
Crisis Text service also available 24/7 Text YM to **85258** and Parents Helpline: **0808 802 5544** Mon – Fri 9.30am – 4pm

**PAPYRUS HOPELINE UK:** free helpline for children and young people under age 35 who are experiencing thoughts of suicide and for anyone concerned that a young person could be thinking of suicide. Call **0800 068 4141** or Text: **07860039967**. Open weekdays, 9am -10pm, weekends and bank holidays 2pm – 10pm.

#### Adults

**Heads Up:** has information on self harm and suicide and includes advice and tips on ways on how people can cope and get help. <http://headsup.scot/>

**LifeSIGNS:** Self injury guidance and support network. <http://www.lifesigns.org.uk/>

**Samaritans:** **116 123**. A free and confidential support to anyone, any age.

**Breathing Space:** **0800 83 85 87**. A free confidential phone and web based service for people experiencing low mood, depression or anxiety. Mon-Thurs 6pm – 2pm and weekends Friday 6pm to Monday 6am

#### Free e learning

**Understanding self harm:** An introductory module for people who have no previous training in this area. <http://www.selfharmlifelines.org.uk/register.html>

**NES COVID-19 Psychological First Aid:** a module for anyone delivering health or social care throughout the COVID-19 pandemic. <https://learn.nes.nhs.scot/28063/coronavirus-covid-19/psychosocial-mental-health-and-wellbeing-support-for-staff>

**Still concerned? If you are concerned about an individual's mental health and wellbeing and feel they may be in distress, their Doctor should be the first point of contact. If you feel the individual is in immediate danger please call 999.**