



Hillingdon Carers Partnership

Working together for unpaid carers



Factsheet 3

Wellbeing and time out

LOOK AFTER YOURSELF

Online based support & guides to maintain wellbeing

www.nhs.uk/oneyou/every-mind-matters

Mental Health Helplines

www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines -

Make time for relaxation

Have 10 minutes of calm with Sandra from Harlington Hospice

www.facebook.com/harlhospice/videos/1150121001997252/

Mindful Meditation

youtu.be/ZToicYchIOU

Tamara Levitt guides this 10 minute Daily Calm mindfulness meditation to powerfully restore and re-connect with the present.

BBC Bitesize

[www.bbc.co.uk/bitesize/ How to maintain my mental wellbeing during lockdown](http://www.bbc.co.uk/bitesize/How%20to%20maintain%20my%20mental%20wellbeing%20during%20lockdown)

How to make a 'self-soothe box,' which can help if you're struggling with feelings of anxiety or panic.

What can help your mental health and wellbeing

www.gov.uk/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing

This guide provides advice on how to look after your mental health and wellbeing during the coronavirus (COVID-19) outbreak.

Chill out with the TV or Tablet

Don't forget i-Player channels are replaying some of your favourite programmes, films and great sporting moments.

Let the Theatre come to you – check out a National Theatre production on a Thursday or a Lloyd Webber musical on a Friday to name a couple

www.timeout.com/theatre/best-streaming-theatre-shows-how-to-watch-online

YOU ARE NOT ALONE –

The Coronavirus outbreak, you may feel anxious about its impact on yourself and/or your family, even more so if you are alone and self-isolating. Hillingdon Talking Therapies is here to help. It provides support, advice, information and help to cope with anxiety, depression, relationships problems, your difficulties around Covid (increased isolation, existing illness) and managing self-care.

If you would like to talk to someone (by phone or video), please visit : cnwtalkingtherapies.org.uk/hd1-hillingdon and click on **Refer yourself** or call **01895 206800**. Once a self-referral is received, a Clinician in the Service will call to talk about your situation and how they can help.

For more information about our services please contact us on:

Telephone: 01895 811206 **Email:** office@hillingdoncarers.org.uk

Website: www.hillingdoncarers.org.uk