



Improving mental
health for all

Mental health and wellbeing signposting for health and care workers in Bristol

Self-help

A free session is available via Zoom for health and care workers on looking after mental health and wellbeing – contact mark.allen@bristol.gov.uk

[Mind](#) - Coping with going into work during coronavirus for key workers - provides tips for taking care of your mental health and wellbeing

[MindEd Covid-19 Resilience Hub](#) - helping frontline staff in the NHS and care services manage their own mental health and wellbeing

[Five ways to wellbeing](#): Give, Keep learning, Be active, Notice, Connect

[Relaxation](#)

[Reframing unhelpful thoughts](#)

Mental health support

[Our frontline](#) offers round the clock one to one support by call or text, from trained volunteers, plus resources, tips and ideas to look after your mental health

[The Care Workforce app](#) is for the adult social care workforce, aimed at supporting staff through the coronavirus pandemic

General Practitioner (GP)

[VitaMinds](#) – NHS psychological therapies (self-referral)

[Samaritans](#) offer free support for essential services staff who are working on the frontline - call 116 123

[Bristol Mindline](#) is a confidential free-phone helpline, call 0808 808 0330

[Bristol Sanctuary](#) – a place for people in serious emotional distress

[Shout](#) is the UK's free 24/7 crisis text line – They provide a dedicated support service to help health and social care staff look after their own mental health and wellbeing as they work on the frontline fighting Covid-19. Text 85258

[Bristol Mental Health](#) crisis help 24/7, call 0300 555 0334

Community support, including social prescribing:

- Inner & East Bristol: [Wellspring Settlement](#)
- North Bristol: [Southmead Development Trust](#)
- South Bristol: [Knowle West Alliance](#)
- BAME led community-based support - <https://www.nilaari.co.uk/>

Bereavement

Cruse Bereavement Care - <http://crusebristol.org.uk/>

Booklet on coping with feelings of grief and a mindfulness audio file - <http://www.cassbristol.org/coping-with-grief/>

Gov.UK [Guidance: Support for the bereaved](#) – what to do when someone dies during the COVID-19 pandemic

Basic services and support

Bristol City Council hotline – call 0800 694 0184 for help getting food or doing other essential tasks, or for people who are feeling isolated.

Basic services and support during COVID-19 – [Wellaware](#)

Advice services including benefits, debt, housing - <https://www.acfa.org.uk/>

Financial help - <https://www.bristol.gov.uk/benefits-financial-help/covid-19-financial-help>

Domestic abuse

Even during lockdown, if you are in danger in your home, please leave and seek help. Call 999 in an emergency. If you need urgent police help but cannot speak, dial 999 and then 55. For more information, see [here](#).

Local support:

- [Next Link](#) 0117 925 0680
- Victim Support telephone helpline 0300 3031972 or 07432 504692. The national helpline is open 24/7 - 0808 1689111

Alcohol and drug use

- FRANK, the national drug and alcohol advisory service <https://www.talktofrank.com/news/coronavirus>
- Alcohol Change UK <https://alcoholchange.org.uk/help-and-support/get-help-now/coronavirus-information-and-advice-hub>

Drug and alcohol support in Bristol can be found at:

- <https://www.bdp.org.uk/>
- <https://www.dhi-online.org.uk/get-help/adult-drug-alcohol-treatment>

Physical activity

- Activity at home – Try these cardio, strengthening and cool down stretching workouts from [NHS One You](#). Sport England has pulled together a selection of [online exercise platforms](#), including Joe Wicks (aka The Body Coach).
- Activity outdoors – Brisk walking is one of the easiest ways to get active. If you want to get into running, try the [Couch to 5K](#) plan
- Further information can be found on the [Bristol Active City](#) website.

Eating better

- Aim for at least five portions of fruit and veg a day, and cut back on fat, salt and sugar. See the [Eatwell Guide](#)
- The [Easy Meals app](#) is packed with delicious ideas with healthy foods
- Bristol Food Network is coordinating information on food provision <https://www.bristolfoodnetwork.org/bristols-good-food-response/>