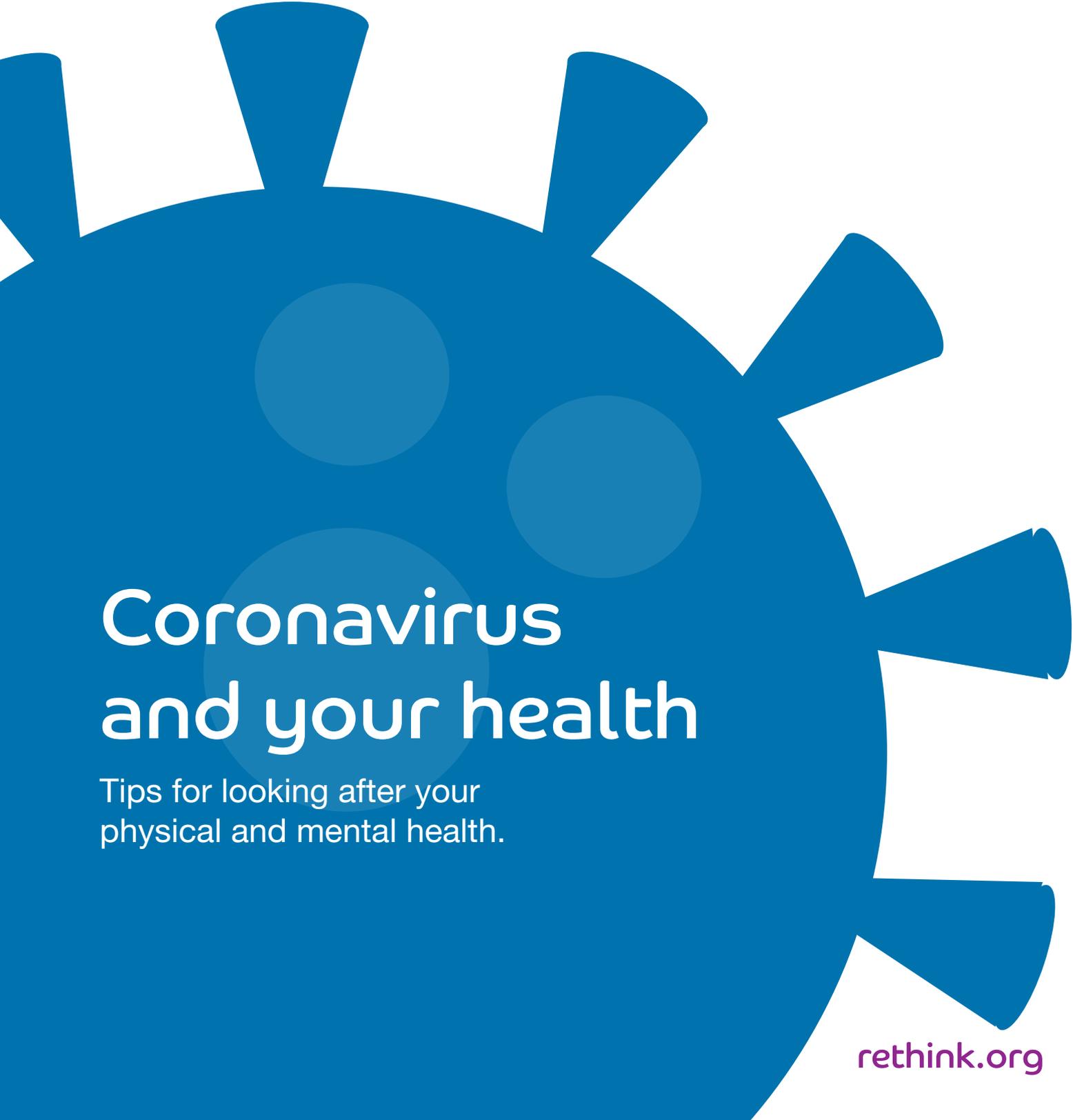


A blue circle containing the text "Rethink Mental Illness." in white.

Rethink
Mental
Illness.

A large, stylized blue coronavirus particle with several spike-like protrusions and three lighter blue circles on its surface.

Coronavirus and your health

Tips for looking after your
physical and mental health.

rethink.org

There is a lot of news about coronavirus at the moment. It is affecting all of us in different ways. It is important that we stay in contact and take the time to look after ourselves and each other. This leaflet includes tips and advice to help you do this.



For further advice and support check our website: rethink.org, email advice@rethink.org or call 0300 5000 927.

If you are in crisis and need emotional support please contact the Samaritans 116 123

If you are worried about your health stay home and contact NHS 111 at 111.nhs.uk

Physical advice



If you are worried do not go to your GP but stay home and phone NHS 111



If the NHS think you have coronavirus they may tell you to stay at home and avoid people. If this happens ask someone to do your shopping until you are advised to go out again.



Symptoms include fever, coughing or trouble breathing.



You also need to stay at home if someone you live with is unwell or you have been in contact with someone who has the virus.



Wash your hands regularly and use a tissue for coughs.



Try not to touch your face.



Plan ahead in case you need to stay at home. Think about how you will stay in contact with other people, and make sure you have enough food and medication.



Take extra care if you are older or have health issues such as heart problems, diabetes and breathing difficulties. Stay away from crowds and avoid sick people.

Mental health advice



Avoid watching, reading or listening to news that could cause you to feel anxious or distressed. You can turn off automatic notifications from news apps in your phone settings. You can also mute people on social media such as facebook or twitter if they are sharing things which make you feel anxious or upset.



If you are in contact with a community mental health team or crisis team, talk to them as soon as you can. Work out a plan together to ensure your care isn't disrupted, and what to do in case it is.



Avoid misinformation. A lot of false information is being shared. Public Health England and the NHS are trusted sources. Use them to get updates on what is happening.



These are stressful times, but it's important to be there for each other now more than ever. Just because you're self-isolating, it doesn't mean you need to cut yourself off. Calling a friend to see how they're doing can boost both your wellbeing and theirs. Why not set up regular calls or video chats with people you care about?



If you're on medication, ask your pharmacist or GP if someone else is able to pick up your medication on your behalf, or whether it can be delivered to you.



If you're in therapy, see if you can switch the appointment to a phone call or online.