

## Your wellbeing during COVID-19 - signposting

As we begin to restore and recover from the pandemic we need to continue to think about our own wellbeing and how we move forward. During this time you may feel low, worried, anxious, or be concerned about your health or that of those close to you. You may be bored, frustrated or lonely. Everyone reacts differently to events and changes in the way that we think, feel and behave vary between different people and over time. It's important that you take care of your mind as well as your body and get further support if you need it.

There are some barriers to people seeking help and support. These include:

- Not prioritising our own health and wellbeing.
- Feeling overwhelmed by the amount of support and resources available.
- Not knowing where to start with either seeking or offering support.

In this issue of the LPC bulletin wellbeing supplement we are signposting you to some of the many resources that have been created to support us during this time, in an effort to help you to navigate what is available and encourage you to access at least some of them. You can also use these to signpost others who may be in need of support.

### [Pharmacist Support ACTnow wellbeing campaign](#)

Pharmacist Support, the profession's independent charity, has launched a new ACTNow campaign to help pharmacists and pharmacy students to prioritise their wellbeing during the COVID-19 pandemic.



### [Every Mind Matters - COVID 19 resources to support everyone's mental health during this difficult time](#)

This campaign is targeted at all adults, weighted towards those most at risk of mental health problems and more vulnerable groups (as BAME groups and those aged 70+).



### [NHS employers' Health, safety and wellbeing site](#)

Preserving and protecting the health, safety and wellbeing of staff is critical for NHS organisations as they respond to the COVID-19 pandemic.



### [NHS staff support line and signposting to useful wellbeing apps](#)

This support line is here for when you've had a tough day, are feeling worried or overwhelmed, or maybe you have a lot on your mind and need to talk it through. Trained advisers can help with signposting and confidential listening.



## [Mental Health Foundation](#)



### [Kindness resources](#)

One thing that we have seen all over the world is that kindness is prevailing in uncertain times. We have learnt that amid the fear, there is also community, support and hope. The added benefit of helping others is that it is good for our own mental health and wellbeing. It can help reduce stress and improve your emotional wellbeing.

### [Looking after your mental health during the coronavirus outbreak](#)

Infectious disease outbreaks can be scary and can affect our mental health. While it is important to stay informed, there are also many things we can do to support and manage our wellbeing.

### [MIND coronavirus hub](#)

Things are changing fast, and many of us are worrying about what it all means for ourselves and for our loved ones. If you're finding things hard emotionally right now, you're not alone; we're here to provide information and support.



### [GOV.UK Guidance for the public on the mental health and wellbeing aspects of COVID-19](#)

The guide provides advice on how to look after your mental health and wellbeing during COVID-19.

Guidance

**Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19)**

### [Healthy Somerset Health and Wellbeing: COVID-19: How to stay healthy, happy and safe](#)

For many people this is going to be a big change and you may find it boring or frustrating. You may find that you miss being outside with other people, you have problems sleeping or your mood and feelings are affected by all of the change. With this in mind, it is going to be very important to do what you can to keep healthy, happy and safe.



### [Mindline Somerset](#)

Mindline is a confidential listening service which provides a safe place to talk if you, or someone you know, is in distress. We can also give information about mental health and local support services.

**Mindline Somerset**  
Emotional support helpline  
Coronavirus



**01823 276 892**

Open 24 hours a day, 7 days a week

Stay safe and well.

Anne Cole, LPC education and training strategy lead.