

FAQs FOR THOSE SUPPORTING PEOPLE WITH MENTAL HEALTH CONCERNS DURING COVID -19

CONCERN	HSE RESPONSE	PUTTING INTO PRACTICE	YOUR OWN IDEAS
Will COVID19 affect my loved ones' mental health and/or increase their anxiety during this time?	Higher levels of anxiety is a normal response in the current situation, but if the person needs support during this time, the Community Mental Health Team can provide the support.	<ol style="list-style-type: none"> 1. Acknowledge your concerns as a family 2. Brainstorm the things you are doing well together 3. Do up a list of important numbers 	
How can I reassure my loved one even though I am worried myself?	Reassure your loved one that Mental Health Services are still being delivered and the Community Mental Health Team will keep you informed and can be contacted.	<ol style="list-style-type: none"> 1. Make contact with the team as required 2. Put important numbers in an easily reached spot 	
Should I ask my loved one to move in with me during this time?	Your loved one will receive the care and support they need from their team. There are also a number of voluntary organisations offering supports by telephone, email or SMS. You can find some of these below.	<ol style="list-style-type: none"> 1. Talk to your loved one about their needs and your own 2. Talk to the team if needs be 3. Add the important numbers to the list and use them when you need to 	
How will my loved one get their medication if I am ill with the virus and cannot collect it for them?	If you are unable to collect medication you need to plan for someone else to collect it for them. You may need to notify your Community Mental Health Team who could help to support you with this. There may be others in the community who would be happy to help do this for you.	<ol style="list-style-type: none"> 1. Make a plan for this now contact your pharmacy and discuss what will work for you 2. Have a friend or neighbour on stand by 	
My loved one needs to get shopping and due to my own circumstances, I am worried about going out to the shops.	Shops are delivering food to those that are vulnerable or are over a certain age. Many people and neighbours are volunteering to deliver shopping for others. Let the Community Mental Health Team know that this could be a difficulty for you.	<ol style="list-style-type: none"> 1. See what shops are delivering in your area and make contact 2. Make contact with some friends and neighbours who can be on stand by 3. Encourage the inclusion of a variety of fruits and veg 	
What do I do if my loved one becomes unwell?	Contact your Community Mental Health Team or the person's key worker (during opening hours) to talk about this. If it is after opening hours, leave a message and they will call you back the next day. In case of an emergency outside of opening hours, please contact the out of hours GP service for advice.	<ol style="list-style-type: none"> 1. Put important numbers on the list in a safe place 2. If your loved one has a crisis plan review this and make sure it's up to date 	
How can I support my loved one in getting nutritious meals?	There are voluntary groups that can be contacted to drop shopping and meals.	<ol style="list-style-type: none"> 1. Encourage your loved one to maintain good healthy eating habits 2. Consider preparing meals to drop to them for the freezer 	

