

TEN PRACTICAL TIPS FOR SUPPORTING MENTAL HEALTH DURING COVID-19

1. Acknowledge your concerns together

2.

Brainstorm the things you are doing well together

3. Chat to your loved one about their needs and your own

4.

Do up or review your crisis plan

5. Ensure you have important numbers in one safe place (See suggestions below)

6.

Find and add the numbers that keep this list useful

7. Give your mental health team a call as required and note the items you want to cover

8.

Have a chat with some friends and neighbours to have on stand by

9. Identify supports to help with shopping/pharmacy if needed

10.

Just know that you can do this and you are not alone

Some Important Numbers to include on your list might be:

GP, Care Doc Service, Mental Health Team, Key Worker, Family Carers Ireland, Careline Freephone 1800 240724, Alone 0818 222 024, Childline Freephone 1800 666 666, Your Mental Health Information line Freephone 1800 111 888, Samaritans 116 123, Crisis Textline 086 1800 280, Mental Health Ireland 01 284 1166



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