



Mental Health
Ireland

WHAT CAN
WE DO FOR OUR
MENTAL HEALTH?

CONNECT,
COMMUNICATE,
& REASSURE

TURN OVER
FOR TIPS

CONNECT



One of the most important things we can do for our own mental health and that of our peers right now is to connect. **Call, write, text**, Whatsapp, Zoom, Snap, email, DM, shout across the garden fence. Connect with family, friends, peers, workmates, neighbours, services, support lines, recovery colleges, online learning groups. Connect now. **Connect often.**

COMMUNICATE



The current situation is affecting each of us in different ways. We need to let each other know **we're in this together**. We can do this by telling others how we are really feeling. We can let others know what we need.

We can let the services we use know how the current situation is affecting us. Link in with our GPs, Community Mental Health Team, counselors and any other support services we use. **They are still there**, just in a different way than we are used to for a while. Drop them a line.

REASSURE



We will get through this together. **This will pass**. It's important for us to reassure ourselves and each other of this. Share a positive message with a friend. Choose to tune into trusted sources like the HSE for our updates. Call our mental health service to reassure ourselves that **we still have access to supports when we need them**.

WWW.MENTALHEALTHIRELAND.IE/GET-SUPPORT/COVID19

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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www.mentalhealthireland.ie

FAQs FOR THOSE CURRENTLY ACCESSING MENTAL HEALTH SERVICES

CONCERN	HSE RESPONSE	PUTTING INTO PRACTICE	YOUR OWN IDEAS
What do I do if I am concerned about my mental wellbeing?	<p>Please contact your local community mental health team to speak to someone. If it is out of hours please leave a message and they will contact you the next day.</p> <p>In an emergency out of hours please contact your GP or out of hours service. If you do not know the number of your local service please contact Your Mental Health information line. Freephone: 1800 111 888</p>	<ol style="list-style-type: none"> 1. Put important numbers in a safe easily reached place 2. If you have a crisis plan review it now 3. Look up the online and phone supports available through organisations 	
If my prescription needs renewal, how can I get it renewed?	<p>Please contact a member of the community mental health team you normally attend and they will help to make arrangements for your prescription to be issued to you directly or to the pharmacy. You could also contact the pharmacy.</p>	<ol style="list-style-type: none"> 1. Speak to your team to arrange 	
If I normally receive my medication from my mental health team but I cannot come into see them, how will I receive my medication?	<p>Your mental health team will be aware you need your medication and they will contact you and make arrangements for you to receive your medication</p>	<ol style="list-style-type: none"> 1. Discuss this with your team when you are next speaking 	
If I need additional support can I still contact my team?	<p>Yes you can contact your local mental health team by phone and a member of the mental health team will advise you. If it is out of hours you can leave a message and someone will contact you the next day. If it is an urgent situation after 5pm please contact out of hours GP service.</p>	<ol style="list-style-type: none"> 1. If you have developed a crisis plan previously now is the time to review it and make sure it is up to date 2. Have a list of important numbers ready in an easily reached place 	
If I have an appointment with one of the team, will it still go ahead?	<p>Your mental health team will contact you in relation to your appointment. They may offer to carry out an appointment over the phone or a member of the team will talk to you over the phone.</p>	<ol style="list-style-type: none"> 1. Have a notebook and pen ready for your call to make sure you cover the things you want 	
If I need to get a blood test done for my medication what should I do?	<p>Your mental health team will be aware that you need a blood test and contact you to make the necessary arrangements to carry that out.</p>	<ol style="list-style-type: none"> 1. Bring this up on your call with the team 	
Where can I get my injection if the centre is closed?	<p>Your team will be aware that your injection is due and they will contact you to make arrangements for you to receive it.</p>	<ol style="list-style-type: none"> 1. Bring this up on your call with the team 	
If I become mentally unwell and need to access my team or an inpatient unit urgently what do I do?	<p>If you are concerned about your mental health contact your mental health team between 9am – 5pm or your GP or out of hour's service and they will advise on the arrangements in place to assess your care needs.</p>	<ol style="list-style-type: none"> 1. Bring this up on your call with the team 2. If you have a crisis plan developed, review it now to make sure it is up to date 3. If not, develop a plan and be proactive in identifying your needs and making sure they are being met 	
How can I stay connected with peer support if my day centre/recovery college /peer centre is not open?	<p>There are ways to keep in contact with people other than through face to face contact like phones and social media. You can check in by phone and send positive messages. Phone a friend, particularly if you know they are on their own.</p>	<ol style="list-style-type: none"> 1. Sign up for an online course with a recovery college 2. Phone a member of your family, a friend or a neighbour to see how they are doing 3. Do up a list of important numbers and keep in easy reach 	

MY BEST IS ENOUGH!



MORNING

Stay Hydrated 
Breakfast 

MAIN GOALS

REWARD




AFTERNOON

Stay Hydrated 
Lunch 

MAIN GOALS

REWARD

EVENING

Stay Hydrated 
Dinner 
Sleep Routine 

MAIN GOALS

REWARD

THINGS I CAN'T CONTROL

What other people do
The government's response
The world's situation
The overall spread of the virus
How long the situation will last

THINGS I CAN CONTROL

Good Hand Hygiene & Staying Home
What I watch and read
Reaching out by phone or online
What I eat & drink
Self-care and new routines

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 	

