

Helpful ways to look after yourself

Worried about looking after yourself while self-isolating?

The coronavirus is having an effect on the way we live. We are unable to stay connected in ways we usually would and it is understandable this is affecting people's health and well-being.

At Intercom we have had to make arrangements for the team to work remotely and have reduced some of our services. However, do not forget you can still email us for support on helpline@intercomtrust.org.uk. If you do need to call our helpline (0800 612 3010), then please leave a message and we will pick them up as frequently as possible and pass it to the relevant person.

We also have our [directory](#) which is a place for details of different groups across the South West, while some of them will not be offering their usual face to face meetings, some are offering alternative ways of communicating with the group.

Our opening hours are Monday-Friday 9am-4pm (Excluding bank holidays)

Stay connected

It is okay to be struggling during this time and you will not be alone in feeling like this. Experiencing a range of different emotions during a difficult and unpredictable time like this is normal.

It is important to remember; you are not alone.

If you can, stay connected to friends and family. This could be via text messages or phone calls. Video calling is also really good for maintaining face to face contact. Even if you do not feel alone, it is always good to check up on others to see if they are doing okay.

If you do not have family or friends to talk to, there are many services out there who are able to provide you with some contact. Above are our contact details. There are also services like the [Samaritans](#) and [Shout](#) who are available 24 hours a day. Throughout this document you will see words in blue,

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01392 201015 (Exeter office)
01872 270044 (Cornwall office)
0800 612 3010 (Confidential South West Helpline)
helpline@intercomtrust.org.uk

Main Office: PO Box 285 Exeter EX4 3ZT
Office@intercomtrust.org.uk
www.intercomtrust.org.uk

Reg. Charity 1171878

these are all links to websites. A full list of resources will be at the end of this document.

Self-Care

Self-care is very important at a time like this and there are lots of things to do to help yourself:

- Eat healthily – it is important to fill your body with the nutrients it needs to function
- Exercise – this could include things such as; walking, jogging, cycling or a workout video from the comfort of your own home. Please do remember the government’s advice on leaving the house to exercise.
- Maintain a routine – it is really important to keep a routine as best as you can. This could mean going to sleep and getting up and dressed at a reasonable time. This is also vitally important if you are home working.
- Talk to others – connecting with others would be a good way to reduce the feelings of isolation
- Make time for yourself and use the time to do things you enjoy – this could be reading that book you’ve been wanting to read for ages, doing a puzzle, getting out in the garden, dancing, learning a language, having a go at some yoga or doing crafts. Doing something that makes you happy may lift your mood.

[Mental Health Foundation](#) have some tips for looking after yourself during the Coronavirus Outbreak

[BBC News](#) have put together some advice on protecting your mental health

Meg-John Barker has a free zine you can download called [Hellyeah Selfcare](#)

Galop have a useful document called [Trans Resilience in Isolation](#)

Mindfulness and Relaxation

Learning mindfulness and relaxation techniques can be useful for those times when you are feeling stressed or anxious. They are often a quick and simple way to reduce those feelings.

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The Samaritans have videos of a [Breathing Exercise](#) and [Muscle Relaxation](#) that you may find useful.

There is a website (and app) called [Headspace](#) which helps people with mindfulness for everyday life. Although this is a subscription service there is a 2-week free trial.

There is also a meditation App called [Calm](#) which has made some of its resources free of charge

Further details of services:

- [Samaritans](#) are available if you need someone to talk to. They can be contacted for free on 116 123 or emailed on jo@samaritans.org. Some of their call centres have had to close so it may take a little longer than usual to speak with someone on the phone and their response time for emails is 24hours. They are open 24 hours a day, 365 days a year
- [Shout](#) is a text service for anyone in crisis, anxious, stressed or worried. To contact them text Shout to 85258. This is free on all major mobile networks. They are open 24 hours a day
- [Kooth](#) is an online support service for young people. This is a free, safe and anonymous space for young people to talk about their worries online to a friendly counsellor. They are open Monday-Friday 12pm-10pm and Saturday-Sunday 6pm-10pm
- [Mindline Trans+](#) is a mental health support helpline for those who are Trans+. You can contact them on 0300 330 5468 and are open Mondays and Fridays 8pm-Midnight
- [Galop](#) is a national LGBT+ anti-violence charity. They have a National LGBT+ Domestic Abuse helpline. The number is 0800 999 5428 or you can email help@galop.org.uk This is open Monday-Friday 10am-5pm Wednesday-Thursday 10am-8pm
- [Switchboard LGBT+ Helpline](#) is a confidential helpline for those who are LGBT+ who may need support. You can contact them on 0330 330 0630 or chris@switchboard.lgbt. They also have a chat service on their website. They are open daily from 10am-10pm

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- [Young Minds](#) are a children and young people's mental health charity. Their website has a lot of different resources that may be useful. A young person in crisis can text YM to 85258 which is a free service that is 24/7. There is also a helpline for parents 0808 802 5544
- [Childline](#) are a service you can contact about anything that may be worrying you. There are lots of different resources on their website. You can call them on 0800 1111 or visit their website for a live chat. They are currently contactable between 9am-Midnight
- [No Panic](#) offers support to those who may be struggling with anxiety, phobias, panic attacks and obsessive compulsive disorders. Some of the resources on their website are free. They also have a helpline 0844 967 4848 or email sarah@nopanics.org.uk. They are open from 10am-10pm
- [The Silver Line](#) is a free confidential helpline for older people. Their number is 0800 470 8090 and they are open 24 hours a day, 365 days a year
- [Victim Support](#) is a free and confidential service for those who have been a victim of crime. You can contact them on 0808 1689 111 or visit their website to fill out a form to request online support

Coronavirus information

You can find information of how to wash your hands [here](#)

The NHS guidance on Coronavirus can be found [here](#)

If you are worried that you, or someone in your household has coronavirus use the online [NHS 111 service](#), call 111 or your GP. Do not visit the GP, pharmacy or hospital

Stay safe and don't forget to wash your hands