

## WELLBEING SUPPORT GRID

### Self-Care, Getting Support, Giving Support

#### (We're All in This Together!)

We hope you're safe and well – coping well with COVID19 Lockdown; experiencing benefits as well as challenges; having highs as well as lows on the 'CoronaCoaster'; being resilient; looking after yourself as well as looking after others; and having appropriate support available if/when you need it.

It's possible though that you've been having a few struggles (or know others – family members, friends, colleagues, neighbours – who've been struggling) and maybe you (or they) don't have appropriate and effective support available?

Just take a few moments to reflect on this **Wellbeing Support Grid** – for yourself, and also encouraging anyone you know (who you think might be struggling) to reflect on the grid.

If you can easily and quickly fill in several of these boxes, at least the top 4 rows, you should be fine, although it's worth raising awareness of more formal, professional mental health and wellbeing services available.

If you find it hard to complete the grid and are seeing lots of empty boxes, your support network needs to be strengthened, so do some research (you're good at that!), have some conversations and strengthen your grid.

	WHO supports?	WHAT supports?	HOW supports?
Partner			
Family member			
Friend			
Colleague/work contact			
Neighbour			
GP			
Mental health professionals			
Community support groups			
Peer support groups			
Online support networks			
Other?			

## EXTERNAL/SPECIALIST SUPPORTS AVAILABLE

The most important messages for those who might be struggling are, first and foremost, **you are never alone** (there may be times when you feel alone, most people experience loneliness, but **support is always available**) and, second, there are lots of different types of supports available.

When you first start looking around for support in the fields of mental health & wellbeing (and, specifically, suicide prevention), the large number of diverse sources of support available can itself be a problem, especially if someone is distressed and finding it difficult to decide which source of support to choose.

So, it's good to scan these sources of support while you're healthy, to be prepared for any situations where you, or someone you know, are not in good health and need to access these sources.

Here's a few starters, but do scan other sources, including any sources locally available for you.

### Centre for Mental Health

This site includes crisis support services (emergency services, Samaritans) and mental health support (MIND, Rethink Mental Illness, PAPYRUS, Young Minds UK, the Campaign Against Living Miserably – CALM, SANE).

<https://www.centreformentalhealth.org.uk/crisis-contacts>

### Zero Suicide Alliance (ZSA)

Top right of the website is '**Need urgent help**' with access to lots of support services. Top left of the website is the '**ZSA Resources**' hub. And please check out the evidence-based, peer-reviewed **online suicide prevention training**, which can help you have a (potentially life-saving) conversation with someone who is suicidal.

<https://www.zerosuicidealliance.com/>

### Grassroots

A terrific site, with a wide range of support services and other sites available. The Brighton base of Grassroots has helped to make it strong on diversity and inclusion, and supporting younger people, but it has grown to be one of the world's best resources for mental health and suicide prevention support.

<https://www.prevent-suicide.org.uk/>

### 4MentalHealth

A fantastic information and training source, including the **Connecting with People** suicide prevention training (and check out **StayingSafe.net** through the main website, plus the 'sister site' **wellbeingandcoping.net**).

<https://www.4mentalhealth.com/>

### Every Mind Matters

The current UK Government/NHS/PHE initiative to support mental health during the COVID19 Crisis.

<https://www.nhs.uk/oneyou/every-mind-matters/>