

COVID: Emotional Wellbeing and Mental Health

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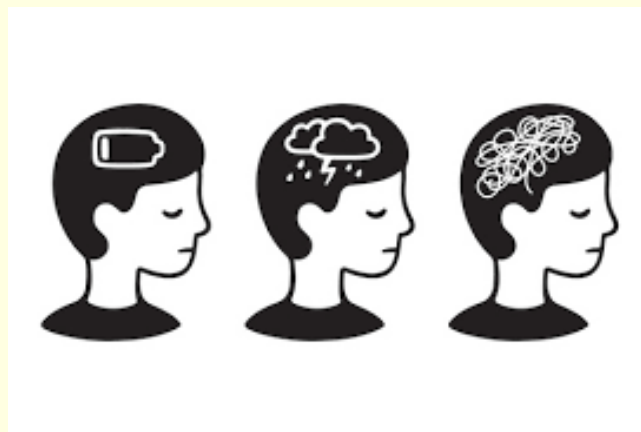
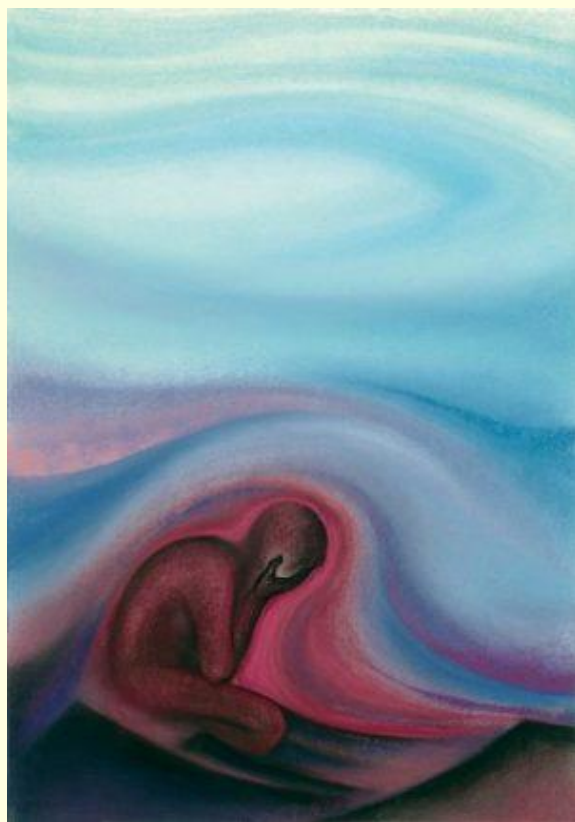
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What is Mental Health?



What happens when we experience a threatening or stressful event?

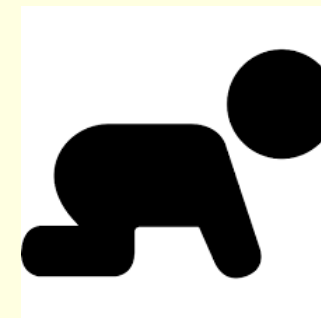
Fight, flight and freeze!



Life Stages

Pregnancy, Birth and Early Years

- Shielding?
- Partners not being able to attend hospital appointments or early stages of labour
- Baby and parents groups
- Family and friends meeting the baby



Children and Young People

- Homeschooling!!!
- Activities and clubs
- Social contact
- Adolescents- independence and seeing friends



Adults

- Balancing homeschooling and working (from home or going into work)
- Remote working or front line
- Occupation- furlough, uncertainty, job losses, feeling safe going to work
- Financial pressures
- Message to be productive
- Support Networks

Older Adults

- Shielding- social isolation
- Support Networks
- Care homes
- End of life care



"We are not all in the same boat.
We are all in the same storm.
Some are on super-yachts.
Some have just the one oar."

Quote: Damian Barr

Illustration: Barbara Kelley



How to look after yourself and others?

- Being aware of the physical sensations you experience
- Take physical action
 - Practice deep breathing
 - Mindfulness (here and now)
 - Staying active
- Stay connected- talk with others
- Have breaks and Self Care
- Limit the news
- Eat well, get fresh air and sleep
- Wash our hands!



Other support

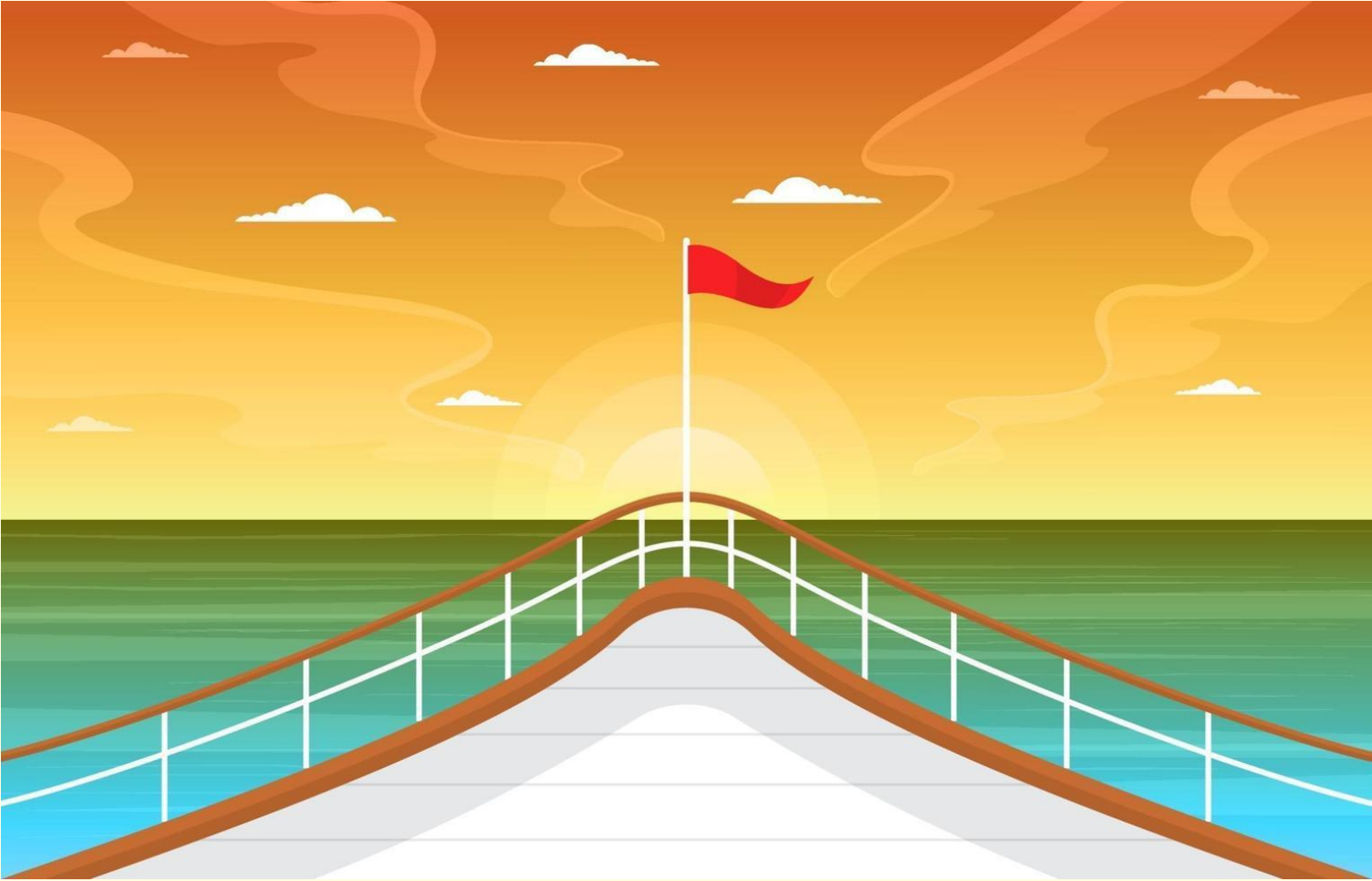
- Advice and services for mental health and emotional wellbeing:
 - NHS services: GP, IAPT and A&E
 - Local and national organisations and Helplines: Kids Inspire, Young Minds, Samaritans, Childline
 - Loss and Bereavement: Cruse Bereavement Care, At a Loss
- Financial advice and support: Citizens Advice, Money Advice Service, National Debtline, Mental Health and Money Advice
- Domestic Abuse: Refuge National Domestic Abuse Helpline, Ask for ANI and Safe spaces

gov.uk, nhs.uk or google for information on support available

Moving forward....



Keeping an eye on the horizon



Break out Rooms (15 minutes)

Questions to consider:

How do you feel COVID has impacted on people's mental health and emotional wellbeing?

What have you done or could you do to look after yourself and others?



Feedback
followed by
Question and Answers

