

# Mental Health Support Sheet



During this lockdown, there has been an increase in reported mental health problems. These problems are affecting people from all walks of life and different backgrounds. It is important to recognise that you are not alone and there is a lot of support out there. Below are resources with advice and support for managing mental health issues during this lockdown.

## Five Top Tips for Healthy Minds

### 1. Make a routine

This will give you structure and a way to keep consistently active and distracted.



### 2. Be connected!

Staying in touch with family and friends will allow you to discuss your feelings with the people you trust.



### 3. Keep active!

Exercise is linked to boosting natural chemicals that can improve mood and prevent negative thoughts.



### 4. Keep busy!

Undertake the things you enjoy doing. Give yourself challenges or a project that you've always wanted to achieve.



### 5. Get some Sleep!

Sleeping can make a massive difference to how we feel. Aim to maintain a good sleeping pattern.



## Mental Health Websites

### YOUNGMINDS

Offers support for children and young people with mental health difficulties. Range of great resources.  
<https://youngminds.org.uk>



Provides emotional wellbeing support for young people across Lincolnshire.  
<https://www.lpft.nhs.uk/>



One of the UK's largest mental health charities that offers support to people of all ages.  
<https://www.mind.org.uk/>



Their vision is a world with good mental health for all. They provide a number of resources.  
[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

## Mental Health Apps

### Student Health App



Aims to reduce your worries, feel more confident and get the support you need.

### Chilled Panda



Use breathing techniques to help you to relax more, worry less and feel better.

### Equoo: Emotional Fitness App



Adventure games designed by psychologists to help you increase emotional fitness.

## Student Mental Health Videos

Healthy Minds Lincolnshire: [https://www.youtube.com/watch?v=W0cN-6PfkCM&feature=emb\\_title](https://www.youtube.com/watch?v=W0cN-6PfkCM&feature=emb_title)

CBBC Newsround: <https://www.bbc.co.uk/newsround/44074706>

