



*We are Menheniot*  
 What do you need? How can you help?  
 menheniotparishcouncil.org.uk | 01579-342437

**Mental Health & Wellbeing**

A long period of isolation might be necessary for public health but it can also have a detrimental impact on people’s mental health.

What should you do if your mental health is suffering during self-isolation and are there ways to ensure you safeguard your emotional and mental wellbeing during a potentially extended period of being alone?

Here are some ideas to help you deal with self-isolation and help keep you mentally well:

- Eat healthily and avoid constant snacking on sugary and salty snacks.
- Exercise regularly and if possible get outside for some fresh air, following the government guidelines. If you can’t get outside things like bird watching from the window or tending to house plants can help to add variety to routines and keep minds active.
- Establish and keep to a routine to help get things done and give a sense of achievement having done so.
- Avoid looking at a screen all day whether it is for work or pleasure. Too much blue light from screens can be disruptive to sleep and wellbeing.
- Stay connected. Just because you may be self-isolating does not mean that you have no contact with the outside world. Use the phone, email, Facetime or Skype to keep in regular contact with friends and family. Regular social contact will be good for you but will also benefit whoever you are talking to as well.
- Limit news intake. The World Health Organisation says: ‘A near-constant stream of news reports about an outbreak can cause anyone to feel anxious or distressed. Limit news updates to certain times and use trusted sites such as the NHS and Gov.uk to get information and guidance on how to cope with coronavirus.’

<b>Advice &amp; Support</b>
<b>The Farming Community Network   03000 111 999</b> 07.00-23.00   help@fcn.org.uk
<b>Farmwell</b> <a href="https://farmwell.org.uk/additional-support-contacts/">https://farmwell.org.uk/additional-support-contacts/</a> Offers practical advice and a range of contacts
<b>Cornwall Partnership NHS Foundation Trust   0800 038 5300</b> 24/7 Mental health telephone support, advice and triage
<b>Cornwall Bereavement Network   01726 829874</b> For people who have experienced the death of a family member at home, or who are dying at home

<p><b>Ian Maddever   07768-510441</b> Group Secretary NFU based in Menheniot</p>	<p><b>Liskeard Young Farmers</b> are part of a local mental health initiative. Search online for #mymindmatters.</p>
<p><b>Samaritans   116 123</b> 24/7 Phone based counselling and support. We give people ways to cope and the skills to be there for others. We offer listening and support to people and communities in times of need.</p>	<p><b>SANE   0845 767 8000</b> 08.00-23.00 Mon-Sun SANE offers support to anyone coping with mental illness, including concerned relatives or friends.</p>
<p><b>Man Down</b> <a href="http://www.mandown-cornwall.co.uk/contact">www.mandown-cornwall.co.uk/contact</a> Man down is a Cornwall based group offering a safe space to meet the current emotional and mental health needs of men who are struggling to cope with the everyday pressures facing them in our modern society.</p>	<p><b>CALM   0800 58 58 58</b> 17.00-00.00 Specifically for men <a href="http://www.thecalmzone.net">www.thecalmzone.net</a></p>
<p><b>Nightlink   0808 800 0306</b> Text service 07717 989 021 Nightlink is Cornwall's free-phone listening service for anyone 18 years or over, who is experiencing or has experienced emotional distress. Nightlink is also available for people supporting those in emotional distress and anyone who feels they would like to discuss their difficulties in confidence.</p>	<p><b>Papyrus   0800 068 4141</b> 10.00-17.00, 19.00-22.00 Mon-Fri 14.00-17.00 Sat-Sun Papyrus are the national UK charity dedicated to the prevention of young (under 35) suicide and they provide: <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a> Email   <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a> Text   07786 209 697</p>
<p><b>Stay Alive app</b> An app for those at risk of suicide and those worried about someone. Available in the App Store or Google Play</p>	

Author: Rachel Craig  
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