This is an unsettling time for many of us and we are all trying to make sense of what can be a scary and difficult time. For some this means managing their emotional and mental self-care or care of others. For some the feelings can become overwhelming and it may be difficult to see a way out.

Please talk to someone and keep safe. It may be hard to believe that this will end but it will, and you will come through it.

If you are having thoughts of suicide, need a listening ear or just someone to talk to, the Samaritans are open 24 hours a day, seven days a week. You can call them on (Freephone) 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

**Other helpful websites:**

**For young people:**

         [https://young.scot/get-informed/national/how-to-look-after-your-mental-wellbeing](https://lm.facebook.com/l.php?u=https%3A%2F%2Fyoung.scot%2Fget-informed%2Fnational%2Fhow-to-look-after-your-mental-wellbeing%3Ffbclid%3DIwAR2nIc7KzFRM6IdmaMa-HfBlhUUP6duvcB0SRw3E92H9Ev8vGVlne3viUuM&h=AT1uOLOdHS4tXqYm5WLgHmjTRSPq_ZU0d0wWanC0Bq75b3dCmIHzdW4kj__yVqZg4VjqRTxPNNSjKR3QcaTRXv-ydp24Zh91L5VSAr69OfPGK_Av6d9RzlWuwdbqCQBJ4EQB5PGraC2h7_C-EaZozg)

         [https://young.scot/campaigns/national/coronavirus](https://lm.facebook.com/l.php?u=https%3A%2F%2Fyoung.scot%2Fcampaigns%2Fnational%2Fcoronavirus%3Ffbclid%3DIwAR2yFmRuYO_buUJ_yO62kzTjntZxh8tfE00jUUe4D9YCEmltWoPYfn8Anq0&h=AT2LeOi1zARAwtxy8PNx3U0QiA-1Ks3RfDfMncjHMFOPTpT94HqbycgvCyxyESQzdJHwQRrJmQyStC7nCkHZAH8oI5H1V83NcHNnKdUxkJPPjz_EDElhIlFMlTtKcTrALeYe52MalygRImDr8DrLfg)

         [https://papyrus-uk.org](https://lm.facebook.com/l.php?u=https%3A%2F%2Fpapyrus-uk.org%2F%3Ffbclid%3DIwAR2OrclAddyjJrCc9fTfJKENq6Tr-6nkprXKS7QiOStKp9GqCbb4sdL2oGE&h=AT0gkgQtpsY5nVpgmNCvD32SQ1P4iguwU2QEThqAUZH21bFkL0T_gaV_G5bQ0Ah5asZNieCYBEDIacXokrN1MApgHP7A-UpC6MyGG1wsEv57LS4YQtRrSwmgbWPeOLuLAxWqvhnOHIoeILH8jTVdXA)

**General:**

         [https://www.samh.org.uk/about-us/news-and-blogs/coronavirus-and-your-mental-wellbeing](https://lm.facebook.com/l.php?u=https%3A%2F%2Fwww.samh.org.uk%2Fabout-us%2Fnews-and-blogs%2Fcoronavirus-and-your-mental-wellbeing%3Ffbclid%3DIwAR1uaPcWfe11ixGKlRpUOZS7kp_HGsvavUDNGHqepPWVBUoSm0UE9z2MYME&h=AT3Gpn_o5lLzMJ5hLlMyia9Zh1NThe_BRi3dwrQgUKmf60gnBF_z6Pl7Uidpu-Cp-l69bXyhb5hC5aA7ptnNLXf_fhN0VDiBE63RC2Y11xz6InQ2gW8npmpaq0WgtQgS8lCBjSP4u3jgocC_bxLt1A)

         [https://www.supportinmindscotland.org.uk/](https://lm.facebook.com/l.php?u=https%3A%2F%2Fwww.supportinmindscotland.org.uk%2F%3Ffbclid%3DIwAR19du7O7fDVKntCDQftFzPLRd7DyMYIkHtDvQPdVM71M0eLD8DE-Rnl_b8&h=AT3HnpKe-nukrasjziY_InJcoqAzw5Hm38ZGnuTECbdpj-q2Fjn8uw0K_gSB9wI-rVE-NqlaMsxwRytnSO5vp1wKM-OuGx-aAdpJTD5oMjUMGzOqz4doON0fFEJMxeBG_W5dmSb0VMV7i9L3Tf8-Ow)

         <https://www.mind.org.uk/information-support/>

* <https://clearyourhead.scot/>

**Support for parents:**

         [https://www.children1st.org.uk/parentline](https://lm.facebook.com/l.php?u=https%3A%2F%2Fwww.children1st.org.uk%2Fparentline%3Ffbclid%3DIwAR1rfkmHnsO7ZnQwlenub5S-aJy8Psn5dYVg4B7pYbWhdlEajsjMngiSuEw&h=AT1PMxKl9jmzFP3YwuYFcGqaYcaGBpStpnw-vc0OQmYtH8i30zGhGWnsOVYlAyd2MA2C0u_tsgqkE0deSblQuyaWYGcYRxbbyMDJzomwxBjPEUtjrX5lshY_yqUWn1EwhCojEZZiSsDdVKETswe4Lw)

* <https://www.parentclub.scot/articles/mental-health-advice-parents-during-coronavirus>?

**Health advice:**

         [https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/](https://lm.facebook.com/l.php?u=https%3A%2F%2Fwww.nhs.uk%2Foneyou%2Fevery-mind-matters%2Fcoronavirus-covid-19-staying-at-home-tips%2F%3Ffbclid%3DIwAR0N4VUU3SIebvzOLtYfha4ye6jo1W8HfZjl1ObK_8D-Pskld5Q2BHYsick&h=AT2LPXAwn6eMMHdjZgPtG6zj29ax5DratNWDaQHq-jOTjRTNXyPOnNAGFeaKiPqF1piXUfPXIDNGgCxZjXOoIFBlsfJEcHZ40ZRb8koazPnBL50JHZqMdPVctjbJ8lO6moMtCCHN7ITJR-LC7QzyPQ)

         [https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronaviruscovid-19](https://lm.facebook.com/l.php?u=https%3A%2F%2Fwww.nhsinform.scot%2Fillnesses-and-conditions%2Finfections-and-poisoning%2Fcoronaviruscovid-19%3Ffbclid%3DIwAR2gQ2Rr_7lPeQ5tgM1QTKmuIMF0ghOQjtl8hwvoZuIo3TibCncsXl-3rHU&h=AT01xYbjoEhxzTh7DfP8mtQhJ0SThYc-x3h4zXlMq0btHAlRxVAor2-RmZ_WRaS-LDeB37tZwwwHxyq1VbO3DDD92GrVWJ-4dzOTkTJhGR8YjvqI6t4JeqJRgOsc2WfDkJI9W8turvPmln7DP8lGbw) (scroll down to see mental wellbeing advice)

         [https://learn.nes.nhs.scot/28084/coronavirus-covid-19/psychosocial-support-andwellbeing/tips-on-how-to-cope-if-you-are-worried-about-coronavirus-and-in-isolation](https://lm.facebook.com/l.php?u=https%3A%2F%2Flearn.nes.nhs.scot%2F28084%2Fcoronavirus-covid-19%2Fpsychosocial-support-andwellbeing%2Ftips-on-how-to-cope-if-you-are-worried-about-coronavirus-and-in-isolation%3Ffbclid%3DIwAR1fUfRG3SzaZwctsOujCcfY_vB6ipHt-icnTlmVbLd_ZihbatmTOAMG8FQ&h=AT21DzrInucP4QTiq8wQ2DJxqQOm-Zv6XPY5N6sZayfkQIgXEJBE45J3qa8LJGgg-INSoK2nVDtQWBtQKULlFB8Px5eQ24QgbbG1VnDJ8E42ox7z0P5iAY9zy6N_2B-KLCbB7Bf5ePi0jfxZp_i-9w)

**Crisis support:**

         [https://breathingspace.scot/](https://lm.facebook.com/l.php?u=https%3A%2F%2Fbreathingspace.scot%2F%3Ffbclid%3DIwAR0UhehgikwW5ivSbx8078D5OkCjopnDxjoonL_AqEHQepbUofsiEyKrtl8&h=AT0X5jwOOpz5lQ-0GzccDhT5Mdn4CytH9iBCP1eAVYtWN6Puj97tKUilFANRXETUc_ueuqhnpm3v62fXkNZIJQJvINQJAFKj62BGXOV-JWSEni8diqGYhbgMsOFs1yCmfFZ1mG31msnog9WMloqzfw)

* <https://www.samaritans.org/scotland/how-we-can-help/support-and-information/if-yourehaving-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirusoutbreak/>

**Practical tips and resources:**

         [https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-duringcoronavirus-outbreak](https://lm.facebook.com/l.php?u=https%3A%2F%2Fwww.mentalhealth.org.uk%2Fpublications%2Flooking-after-your-mental-health-duringcoronavirus-outbreak%3Ffbclid%3DIwAR3TqHz0JCNl3AZOHxxbqWXzOdmH4omo9rgfKpR6-bQ5_IWcsuhNwJEOLHg&h=AT10U32uhoiOdDfuPSGbfrjC-OFKki0m2o9QLB6bprezSrydl6paQVpcApvQEWnmuw7JcCPg7YnuP3xDEcdBex9RvF-8ymIOLF5q3RLPZJR9wQZ9cPTDyWmGTJILypc8XJgHfyDelUiFCRPNJ77ucg)

         [https://www.headspace.com/](https://lm.facebook.com/l.php?u=https%3A%2F%2Fwww.headspace.com%2F%3Ffbclid%3DIwAR2CBMMcwhK5BZex3ntH-VgkdeipTeQ4oLI3-qB9Fv01VkX-cmd9U1AFyIo&h=AT3B64hM4hoXsT6RvE6FkAPU_RPUr3-TAzupT9_u74so2h605xlZNrbda_t1iu-vqNgG5vfK5RZYHrAsYjoeubSKYu92XrOHekhXkQxZJo2pG5Y3d9Oeu1ph6CZz43kL4aG9i6LDudrkZPCDL5Ls3Q)

         [https://positivepsychology.com/the-crisis-kit/](https://lm.facebook.com/l.php?u=https%3A%2F%2Fpositivepsychology.com%2Fthe-crisis-kit%2F%3Ffbclid%3DIwAR0glVTOxxko2zvzYJaRjeHDY050k9GGPc5SYuGwfKn7hizdHeyB-yoRhYI&h=AT1XEWwSahSPJmBtyDOR5BXRWZdQUElwm4Qna__FFl0wNLKWcCK5YXw8KE40JF-3F_Inus0OqrstQC-fwP_u4Z-edTEslW6iZ4gMFfFdAn7-TDnmcAQmd8M88ro1NfeG2Xzp741bm5uzFj1S8Vuehw)

**Sent on behalf of Choose Life, South Ayrshire**