

Coronavirus – COVID-19 Sign Posting Information During Lockdown

News and Updates

Coronavirus Helpline

Call the helpline on +44 (0)1534 445566

- If you think you may have the virus call the helpline. Don't visit your GP surgery, pharmacy, hospital or any other Government buildings.
- The line is open every day from 8am to 8pm. If you call outside these times, or if the line is busy, leave a message and someone will call you back.
- If you're very unwell and need an ambulance phone 999 and tell them your symptoms and travel history.

Gov.je – latest news

<https://www.gov.je/News/2020/Pages/index.aspx?DepartmentId=28>

Connect Me

<https://www.gov.je/Health/Coronavirus/Volunteering/Pages/CoronavirusVolunteering.aspx>

- Connect Me has been established to bring together and match up the help and support available from Government, the Parishes, the voluntary and community sector, local businesses and individuals stepping forward to volunteer, with the needs of islanders – whatever they may be.

Local Mental Health Support

Jersey Recovery College

www.recovery.je/courses

hello@recovery.je

- Jersey Recovery College (JRC) is a local mental health charity. It provides free education and training opportunities for those experiencing mental health difficulties and the families, friends and professionals who support them in Jersey.
- JRC courses support adults to enhance their knowledge and understanding of mental health conditions, recovery, wellbeing and life skills. Courses are free to attend and are self-referral. All JRC courses work to provide hope, opportunity and empowerment to its students.
- Every course is co-produced and delivered by a Peer Trainer, with lived experience of mental illness, and a co-trainer, with professional expertise in the topic area. At JRC those with lived experience of mental health difficulties work with all sorts of professionals, including mental health clinicians, to govern, design and deliver our service.
- Online courses will be made available during the COVID-19 outbreak and lockdown.

Mind Jersey

Freephone 0800 7359 404

<http://www.mindjersey.org/>

- Phone line is open everyday from 8am to 6pm.
- Family and Carers, Children and Young People and Peer Support Service will continue via digital and phone support.
- Offer Mental Health Awareness Sessions online for businesses
- If you are a Mental Health First Aider – please join their new MHFA Alumni Facebook page or email for specific advice. mhfanetwork@mindjersey.org

Listening Lounge

The helpline number is 01534 866793.

The opening times for all services will remain as 10am – 10pm

- All initial assessment and counselling appointments will be offered via phone or online
- The dedicated counselling team can contact clients via phone and Zoom video conferencing - which will be used on an appointment only basis
- A dedicated phonenumber, the 'Listening Line', has been introduced for anyone on the Island who is struggling with mental health issues such as feeling isolated or anxious due to the current uncertainties surrounding COVID-19, and for those looking to connect to people trained in emotional support. The Listening Lounge team will have the facility to speak with more than one person at a time on this number. This line will be for informal support for anyone experiencing distress, loneliness, feeling isolated or with an existing mental health need and will be in place of the drop-in support previously offered in The Listening Lounge facility on Charles Street
- Wellbeing sessions will be delivered via live video link in the coming weeks encouraging islanders to stay active and take time to protect their mental health through mindfulness, relaxation and mediation techniques.

Awareful

<https://www.facebook.com/awareful/>

<https://awareful.co.uk/>

- Meditations, yoga, relaxation
- Free online classes
- Help to manage fear and stress

Samaritans

Freephone 116 123

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

- You can get in touch about anything that's troubling you, no matter how large or small the issue feels.
- They are there to listen, no judgement, no pressure, and help you work through what's on your mind. They'll never tell you what to do.
- Support regarding the Coronavirus can be found here:

<https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

Mindset Matters Jersey

<https://www.mindsetmatters.uk/>

- With the current increase in home working and increased social isolation due to COVID-19 they have created an online wellbeing program to support businesses in safeguarding the wellbeing of all employees over the coming months.

Liberate Jersey

<https://liberate.je/counselling/>

- They are offering free counselling over telephone or video link to anyone who is struggling to cope with the changes to daily life imposed by the virus.
- It is open to anyone living in Jersey and will be on a first-come-first-served basis.
- The offer aims to assist those experiencing stress, anxiety, panic, depression, grief and other mental health issues due to the conditions imposed by the crisis.

Other Charities and Support Groups

Pregnancy in Mind

Tel: 01534 760800 or email: jerseyservicecentre@nspcc.org.uk

<https://learning.nspcc.org.uk/services-children-families/pregnancy-in-mind>

- Pregnancy in Mind is a preventative mental-health service designed to support parents who are at risk of or experiencing mild to moderate anxiety and depression during pregnancy.
- It is an antenatal group intervention delivered by professionals during the middle trimester of pregnancy. Parents-to-be are able to attend the programme between 12 and 28 weeks gestation.

JEDS (Jersey Eating Disorder Support)

<http://www.jeds.je/>

- JEDS is a registered local Jersey Charity providing support for those affected by eating disorders and their families and friends.
- JEDS would like to support you in these difficult times. As we are unable to hold our usual meetings at present because of the Coronavirus, we would like to offer telephone, email or WhatsApp support.
- Those living with an eating disorder can contact Amy on 07797936363 or email amydingle1992@hotmail.com
- Caring for or supporting someone with an eating disorder can be very challenging especially with what is going on in the world at present. If you would like support, please ring Karen on 07797778016 between 10am and 10pm or contact her by email on karenldingle@hotmail.com

Other Mental Health Support / Useful Websites

- <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak/while-working>
- <https://www.jersey.com/big-support-wellbeing>
- <http://www.thewellnesssociety.org/>
- <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

Local Community Support

Coronavirus Jersey – Acts of Kindness

<https://www.facebook.com/groups/502516987104369/>

- Facebook group set up for Islanders to share support and services currently **on offer**.

Health and Fitness/ Activities and Entertainment

<https://www.itv.com/news/channel/2020-03-27/coronavirus-online-activities-you-can-access-from-home/>

- ITV Channel TV has put together a list of some of the local and national activities and entertainment that you can access online.

Fetch.je

<https://www.fetch.je/>

- Bringing Consumers and Businesses Together, Online.
- Fetch is the one stop marketplace for collection and delivery from local businesses.

Positive Social Media Channels

The Happy Newspaper

<https://www.facebook.com/thehappynewspaper/>

<https://thehappynewspaper.com/>

- The Happy Newspaper celebrates all that's good in the world and provides a platform to share positive news and wonderful people!
- In light of everything going on, I think we all need a bit of positivity in our lives

Action for Happiness

<https://www.facebook.com/actionforhappiness/>

<https://www.actionforhappiness.org/>

- Action for Happiness is a movement of people taking action to create a happier society. Let's prioritise the things that really matter. Join us and help spread happiness at home, at work and across the community