

AWNARE

OVERCOMING DEPRESSION.
CHANGING LIVES.

**SUPPORT SERVICES
DURING COVID-19
OUTBREAK**

Weekly Online Support Groups

Meetings are held via Skype

Email info@aware-ni.org to
register your interest.



Support Email Service

info@aware-ni.org

Provides support and information.

Support Line

Monday - Friday 11am-3pm

07548530931

07340488254



Dedicated Coronavirus Webpage

aware-ni.org/covid-19-support

Useful information and resources.

5 Steps to looking after your mental health whilst staying home



CONNECT - Keep in touch with friends, family, & colleagues. Use phone calls, texts or video calling apps such as FaceTime or Whatsapp.



BE ACTIVE - Play games with the kids, join an online yoga class or take a walk outside (keep a 2m distance).



GIVE - Caring for others can help our own mental health. Offer support to a friend a neighbour in isolation.



KEEP LEARNING - Read up on something that interests you. Read books, watch documentaries or learn a new craft.



TAKE NOTICE - Notice the beauty around you. Feel the sun on your skin. Listen to the birds. Breathe...

Try to relax - take a break from reading about what's going on and do something fun or relaxing



Unplug - turn off the news for a while. Netflix binge, watch a film or read a book instead

If you're feeling overwhelmed or your thoughts are racing, take deep breaths - in for 7 seconds, out for 11



Go for a walk or do a workout - exercise is one of the best things for your mental health, and your immune system.

Connect with others - especially if you are housebound. Make use of phone calls and FaceTime.



Well-being tips for parents with teenagers at home during the Covid-19 outbreak



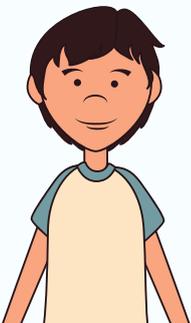
DON'T PUT TOO MUCH PRESSURE ON YOURSELF - You don't have to take on the teacher's role and enforce a rigid timetable. Encourage some structure and agree on this. You are there to help and support them with the work set by their teachers.



TRY NOT TO WORRY - about things you cannot control or change. Rather, focus on what you CAN do. Look to the future and set some goals together.



DON'T BE TOO HARD ON THEM - It is normal for your teenagers to feel upset, angry and unmotivated at this time. Try to be understanding of this encourage them to focus on the positives.



GIVE THEM A PURPOSE - Use this time to learn to live together as adults and prepare your teenager for the next stage of their life. Teach them a recipe and challenge them to cook for the family. Encourage them to get creative and stay active.



BE HONEST & HAVE FUN - You don't have all the answers. Face things together as a family. Stay up-to-date with what is happening but don't let it take over your thoughts. Make time for family fun!

'Take 5' well-being tips for teenagers during the Covid-19 outbreak



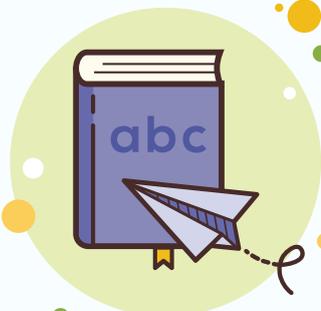
CONNECT - Keep in touch with your friends and family. Why not organise a virtual quiz or set up study groups with classmates to help you with school work?



BE ACTIVE - Play games in the garden, walk the dog, go for a jog, join a Joe Wicks workout, or do a Tik Tok routine. Exercise is good for your mental health.



GIVE - Caring for others can help your mental health. Help your parents around the house, cook for your family or call someone you know is isolated.



KEEP LEARNING - You may be feeling worried about school. Focusing on some goals for the future, instead of things you can't change, will help you feel better.



TAKE NOTICE - Get outside and spend time in nature as much as you can. Try to limit your screen time and focus your mind on natural beauty.