



We are still here to help amidst the Coronavirus virus

The team at Mind Jersey are still here to listen and to help during what can be challenging times. We recognise that this may well be taking its toll on people's mental health, particularly those already living with conditions such as anxiety. This may be rooted in worrying about the unknown and waiting for something to happen – and this is especially the case with coronavirus. The virus has plunged the world into uncertainty and the constant news about the pandemic can feel relentless and sometimes overwhelming.

Most of Mind Jersey's existing services are still operating, albeit with some variations and changes to their regular schedules or routines. For instance we are not organising group meetings, be it for family and carers' or children and young people unless these can be held out of doors following all the social distancing guidelines.

Wherever possible we will still arrange 'one to one' meetings for carers, children and young people and as part of our peer support service. These meetings might take place on line, via skype, WhatsApp or by telephone. They may also still be possible face, to face in cafes or other appropriate meeting places – best to check in with us and ask.

The nearly new shop in New Street is temporarily closed, not least as many of our hard working volunteers are in the higher risk age group, but also as footfall is sharply down. We are using this break to change over stock, tidy up the shop and freshen it up for reopening just as soon as we can.

Increasing numbers of islanders may join those already in self-isolation so now might be a good time to make sure that the right phone numbers and email addresses of the people you care about are to hand. You could agree regular check-in times so as to still feel connected and also look out for those in your neighbourhood who might be vulnerable, lonely or isolated.

If you're self-isolating, try and strike a balance between having a routine and making sure that each day has some variety. Live in the moment and shift your focus onto other things. As spring finally arrives try, if you can, to take some exercise and access the great outdoors. Take enjoyment from nature and the sunlight as our days begin to lengthen.

About Mind Jersey

Mind Jersey is a local mental health charity that campaigns to reduce stigma and increase understanding about mental health and mental illness. Its vision is of a society that promotes good mental health for all and treats people with experience of mental illness fairly, positively and with respect. The charity provides support and help so that people can take control of their mental health and live full lives. We also work with the family and friends of those caring for a loved one experiencing mental ill health and have a very active 'Youthful Minds' group that helps inform the services we provide for Children and Young People.

For further information please visit our website: www.mindjersey.org or check us out on Facebook.