

Looking after your mental health and wellbeing during Coronavirus

Information for Adults and Carers of people on the Autism Spectrum

Coronavirus Easyread information is available on the NHS England website:
[Coronavirus- What to do if you or someone you share a home with shows signs of coronavirus](#)

Local organisations

Hertfordshire Partnership Foundation Trust (HPFT) Mental Health Services

The Wellbeing Service offers short term support to people with mild to moderate mental health issues such as depression and anxiety. Please visit: [wellbeing-service/hertfordshire](#) for more information about the service

HPFT remains open, for more information or to make a referral for services please contact the Single Point of Access (SPA) number 0300 777 0707, currently open 24 hours a day, 7 days a week.

Herts Mind Network deliver a number of services including peer support, domestic abuse services, complex needs outreach services, dementia and carers support as well as a range of online services including Meeting Places and Wellbeing Courses. There are a number of sessions including 'Coronavirus and your Wellbeing' and 'Overcoming Anxiety and Fear'. You can contact them on 0203 727 3600 where your call will be triaged and directed to the most appropriate service or find out more on the website: [www.hertsmindnetwork.org](#)

Viewpoint is a user involvement charity in Hertfordshire for people with mental health or drug and alcohol problems. For more information on social activities and programmes please see their website [www.hertsviewpoint.co.uk](#) or you can also find out more by visiting the Viewpoint Facebook page.

Mind in Mid-Herts deliver a range of services to support individuals who are suffering or who have suffered from mental and emotional distress. Emotional support is available on the telephone during the covid-19 pandemic on 03303 208100 and you can find out more about online social groups and living well courses including 'Feeling Well' to reduce feelings of depression and sadness and 'Learning to Relax' and 'Building Courage' to cope with anxiety on the website [www.mindinmidherts.org.uk](#)

Guideposts is a mental health and wellbeing charity that deliver services including befriending, carer support and support for people on the autism spectrum. For more information please visit <https://guideposts.org.uk/hertfordshire-services/> or call 01923 223554.

Henry Smith House Activity Centre has referred clients who are on the Autistic Spectrum, we are offering Yoga and Seated Exercises online and Emotional Support, Information Service, Signposting on the phone Tel: 01923 223554

Bereavement

Guides to help support people that have lost a loved one to coronavirus, or they have died during the resulting lockdown because of other reasons, are now available online at www.hertfordshire.gov.uk/coronavirusbereavement

There are three Bereavement Guides available:

- A guide for adults
 - A guide for children and young people
 - A guide for parents and carers supporting children that have been bereaved (which can also be helpful for professionals working with children and young people)
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Other local support

Drug and Alcohol services

You can contact **Change Grow Live** (CGL) Drug and Alcohol Recovery Services from 09:00-19:00 by phoning them on 0800 652 3169 or emailing Herts@cgl.org.uk. CGL recovery workers are offering support over the phone.

Domestic Abuse

If you are experiencing domestic abuse or worried about someone else who might be you can contact Hertfordshire Domestic Abuse Helpline: 08 088 088 088 (freephone Mon-Fri 9am-9pm, Sat/Sun 9am-4pm) or visit the website for more information: www.hertssunflower.org
If you are in immediate danger always dial 999

Carers

Carers in Hertfordshire is continuing to provide information, advice and support services to unpaid carers - children and adults – so they have the help they need. Face-to-face groups and events are not running at present, but staff and volunteers are on hand to provide support by telephone. Most services have moved online or over the phone for now.

To contact the charity:

Call: 01992 58 69 69

Email: contact@carersinherts.org.uk

Visit: www.carersinherts.org.uk

Carer Support Advisors are available from 9.30am to 5pm Monday to Thursday and from 9am to 4.30pm on Fridays.

We appreciate that caring for someone else may be particularly stressful at this time.

There is [advice for carers](#) from Hertfordshire County Council and [updates on service changes](#) that may affect the person you are caring for available

National Guidance

NHS England

NHS Covid-19 Grab and Go Learning Disability and Autism form, this is the updated Grab and Go COVID19 Hospital passport with additional guidance.

<https://www.england.nhs.uk/coronavirus/publication/letter-responding-to-covid-19-mental-health-learning-disabilities-and-autism/>

Social Care Institute for Excellence (SCIE):

COVID-19: Supporting autistic people and people with learning disabilities, guides for families and professionals supporting autistic adults and adults with learning disabilities during the coronavirus (COVID-19) crisis.

<https://www.scie.org.uk/care-providers/coronavirus-covid-19/learning-disabilities-autism>

Coronavirus (COVID-19) advice for social care:

Advice for councils and care providers during this period of sustained transmission of COVID-19. Residential care supported living and home care guidance. <https://www.scie.org.uk/>

Government guidance

Government guidance for people who are disabled and on the autistic spectrum:

<https://www.gov.uk/government/publications/covid-19-supporting-adults-with-learning-disabilities-and-autistic-adults>

The governments advice on coronavirus on what you can and can't do:

www.gov.uk/government/publications/coronavirus-what-you-can-and-cant-do/coronavirus

Apps / National websites

There are a number of apps and national website to support your mental health and wellbeing.

National Autistic Society

The National Autistic Society supports autistic people and their families across the UK, NAS has collected a series of useful resources that autistic people and their families can use during this time of change.

Join the NAS online community: It is important to stay connected during this time of social isolation. The online community is a discussion forum for autistic people, their families and other wider networks. It's free to join and a great way to share experiences and advice.

<https://www.autism.org.uk/services/helplines/coronavirus/resources/helpful-resources.aspx>

Autism Alert Card – NAS has made the alert card available as a free download to print off and keep with you in case it is needed to demonstrate why the person with autism may need to be out exercising with a carer.

NAS Hospital Passport – a free download which is really important that parents/carers plan ahead and complete, so that they have it ready should the person with Autism need to go into hospital.

Here is the direct link to the NAS website for resources, helpline and supporter care details.

The NAS has been publicising all this information widely since the beginning of the Covid 19 outbreak using Social Media (Facebook and Twitter).

<https://www.autism.org.uk/services/helplines/coronavirus.aspx>

Mind - www.mind.org.uk

Samaritans - <https://www.samaritans.org/>

Sane - out of hours helpline Tel: 0300 304 7000 from 4.30pm - 10.30pm every day

Alcohol Health Alliance UK: In order to support those in recovery at this difficult time, the Alcohol Health Alliance has put together a list of resources which may be useful.

ahauk.org/recovery-during-coronavirus/

NHS Mental Health apps library: www.nhs.uk/apps-library/mental-health/

Public Health England's **Every Mind Matters** service has launched a new suite of tips and advice, focussed on looking after people's mental wellbeing during the coronavirus (COVID-19) outbreak. Resources include a tailored COVID-19 Mind Plan, content for individuals and their loved ones on managing their mental wellbeing during the outbreak, and support for specific mental health issues such as anxiety, stress, low mood and trouble sleeping.

For more information visit: www.everymindmatters.co.uk

Autistica - Expert webinars

During the Coronavirus lockdown, we will be working with leading experts from around the UK to stream live webinars to you in the comfort of your own home. Tune in via our Facebook homepage to join the webinar live. We will also publish these on our YouTube channel a few days after the event. Our presenters will speak for 15 minutes and then there will be a chance for a live Q&A.

<https://www.autistica.org.uk/get-involved/join-an-expert-webinar?>

<https://www.autistica.org.uk/get-involved/guide-to-webinars-on-zoom>

Supporting from afar webinar:

<http://s3-eu-west-1.amazonaws.com/autistica/downloads/images/article/Autistica-webinar-Supporting-from-afar.pdf>

How to cope with Coronavirus:

<https://www.autistica.org.uk/get-involved/world-autism-awareness-month/my-ways-to-cope>

Already working with a service?

Most organisations have made changes in the way in which services are delivered to ensure that you can still access support when you need it. If you are currently receiving support from a service or have been recently discharged, you can contact the service if you are struggling with your mental health. Most have a duty line and a website where you can find out how to continue accessing services.

If you are already using **HPFT** services and need help, please contact:

Your care co-ordinator on the number provided to you or if you need help in the evening, weekend or bank holiday call our Out of Hours Helpline Tel: **01438 843322**