

## **Counselling, Mindfulness and help for anxiety, depression and COVID-19 related issues**



The past few months have been uncertain times due to COVID-19, and we are now experiencing even more changes as we move into the next stage of COVID-19 restrictions. This can cause us to feel more anxious or depressed than we normally do, which is completely normal. We have been experiencing changes to our lives that we haven't met before.

This document is a small resource to signpost you towards some help / tools that are available to help you manage and cope with these changes.

Please be aware the list below is not exhaustive, there are many other options out there, including videos available on YouTube and the internet. Please also bear in mind that if there is something that you think could help you during these times, there may be funding available to help with this.

Feel free to contact us on [info@sussexeds.com](mailto:info@sussexeds.com) or complete a Funding Form; [SEDS 2020 Funding Application Form](#)

Unfortunately, we cannot guarantee to fund every application, there are limits of funds and a criteria to meet, but do not let this put you off asking and applying.

A few ideas and resources:

- *There are Mindfulness Apps that you can access on mobile phones.*

The Mindfulness App.

Headspace.

Calm

- *The website below gives details of how to carry out Mindfulness.*

<https://www.mindful.org/mindfulness-how-to-do-it/>

- *The link below takes you to a home Counselling Service for those who find it difficult to leave the house due to mobility problems*

<https://www.sagecounselling.org.uk/web/>

- *Time to Talk is a counselling service through the NHS, the link is below*

<https://www.sussexcommunity.nhs.uk/services/servicedetails.htm?DirectoryID=16358>

- *Relate offer counselling sessions for adults and for some teenagers. Mainly Crawley and Horsham areas. Refer to website below*

<https://www.relate.org.uk/sussex>

- *The following website has a specific COVID-19 area and offers help, counselling and advice for COVID-19 related issues*

<https://www.counselling-directory.org.uk/guidance-coronavirus.html>

- *If you have a Twitter account, the account below focuses on Mental Wellbeing and some COVID related areas*

@Sussex\_HCP