

Getting Through COVID-19 Together

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Covid-19 has changed how we live our lives **for now**, we have become familiar with the terms:

- ✚ Social distancing
- ✚ Physical distancing
- ✚ Cocooning

And been asked to wash our hands a lot more, as well to cough and sneeze into our elbow if we don't have a tissue etc. these are all essential choices we need to make to stay healthy.

For some of us this can be a very stressful time, as we may not be able to visit with family; give a loved one a hug or be close to people generally.

It is important that we continue to have contact with people while maintaining the social /physical distance of 2 meters (approximately 6 feet). And making sure that our trips outside of our homes must be for essential travel only – that is to get food and medicine, we can also exercise within a distance of 5 km or 3.1 miles.

But it is very important to know that these **restrictions are just for now and that they will end.**

We can only ensure that we keep well and healthy by staying apart for this short time...but we know that this can be very difficult for some of us.

LOOKING AFTER OUR MENTAL HEALTH AND WELLBEING

Caring for and looking after our mental health should always be our priority, but more especially when we are asked to restrict movements outside of our home and keep a distance from those we care about and care for. During these very different and unknown times our mental health may become affected.

Some of us understandably may feel more anxious, stressed, worried, sad, afraid or depressed, and if we already have some mental health problems, we may feel that we are not coping as well as before.

Loneliness may be a stressor and we may struggle to organise our day. It may be difficult to get the essential things we need on a day to day basis like food, toiletries and medicine. Things we once took for granted may no longer be available to us which can increase our stress levels.



THERE ARE MANY VARIOUS SUPPORTS AVAILABLE TO US

Some of these supports may be **online** or **by phone support**. Some supports have been organised by the government with various local agencies helping such as the **HSE, Cork County, Cork City and Kerry County councils** and various other community partners...making up our community response teams.

These supports are available to help if we are cocooning or we need help with shopping or collecting medications and if we are not able to do it ourselves.

The core aim of the Cork and Kerry Councils Community Response teams are to contribute to the community-wide effort to limit the spread of COVID-19 by ensuring a coordinated community response is in place to help people.

These Community Response teams are working to ensure that local resources - including social care support and social contact – are targeted at the people who need them most - to ensure that members of the community who need extra help or those living alone can access **vital grocery, medicine and fuel deliveries and social care supports**.

Also, they can help with food/medicine deliveries and transport to medical appointments etc.

*Remember it's a sign of strength to ask for help
and we all need help at this time - we are all in
this together!!*





The Cork and Kerry Councils Community Response teams can be contacted as follows:

Cork City Community Response Team

Cork City Council team can be contacted on:

FREEPHONE community support helpline at **1800-222-226** which is running from 8am-8pm - seven days a week.

You can also email the Cork City Council Community response team – if you don't have access to email use the **FREEPHONE 1800-222-226** or ask a family member or friend to email: covidsupport@corkcity.i.e _ and tell them what you need...



Cork County Council Community Response Team

Cork County Council response team can be contacted on:

FREEPHONE community support helpline at **1800 805 819** which is running from 8 a.m. to 8 p.m. seven days a week.

This community support can also be accessed by texting 085 870 9010.

Cork County Council Library & Arts Service will offer free online writing workshops. www.corkcoco.ie/en/arts/opportunities .

This will run from the 29 April until the end of June.



Kerry County Council Community Response Team

Kerry County Council response team can be contacted on:

FREEPHONE community response helpline at **1800 807 009** which is running seven days a week from 8.00am to 8.00pm

This community support can also be accessed by texting: 'SUPPORT' followed by your name to 50555 or email: covidsupport@kerrycoco.ie



An Roinn Dlí agus Cirt
agus Comhionannais
Department of Justice
and Equality

IF YOUR HOME ISN'T SAFE, SUPPORT IS STILL HERE

Public awareness campaign on domestic abuse during the Covid-19
pandemic

STILL HERE CAMPAIGN

We have all been asked to stay at home in response to the Covid-19 pandemic but for those who experience domestic abuse, home may not be the safest option.

We also know that stress can increase the chance of violence in homes when there is a history of domestic abuse.

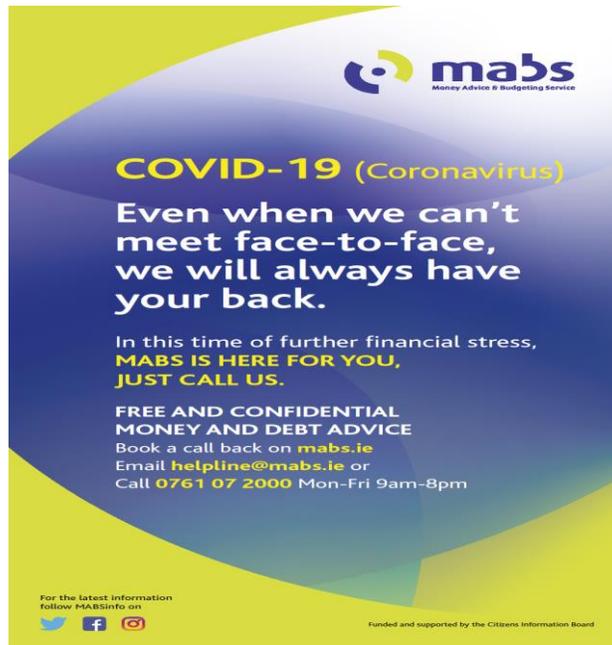
It is important that you know you are not alone – domestic and sexual violence support services from state agencies and the voluntary sector have been adapted and increased to ensure they remain available to support you, even during the restrictions which are now in place due to Covid-19.

Restrictions on movement do not apply to a person escaping from a risk of harm or seeking to access essential services. In other words, the 5km rule will not apply to you.

The Department of Justice & Equality are currently running the 'Still Here' campaign, you can read a bit about it, and listen to the ads here:

<https://www.thejournal.ie/domestic-violence-support-ad-campaign-ireland-5074546-Apr2020/>.

As you read on in this document you will also see more contact information on supports available – at this time – please know that you are not alone!!!



As this can be a difficult time financially for some of us, having concerns about money can add to our stress levels – but help and advice is available!! **MABS - Money Advice and Budgeting Service** – can help if you have problem debt, or if you feel like your debts are in danger of becoming a problem, then MABS can help you. MABS has over twenty years of experience helping people with all kinds of problem debt. Their money advisers work with clients with a wide range of personal debts, including:

- ✚ Mortgage arrears
- ✚ Personal loans
- ✚ Utilities arrears
- ✚ Credit card debt
- ✚ Hire purchases
- ✚ Rent arrears
- ✚ Court fines
- ✚ Catalogue debts
- ✚ Sub-prime loans
- ✚ Legal moneylenders

Many of their clients have more than one type of debt. And they look at each client's situation as a whole and seek to find solutions that provide the best possible outcome for that client.

If you have problem debt, or if you are worried that your debt may become a problem, contact MABS today. Your first step is to call their Helpline on 0761 07 2000 (Monday to Friday, 9am to 8pm) or visit their website: www.mabs.ie

Some information on HELPLINE Supports if you'd like to talk with someone:

- ✚ **SeniorLine** is a FREEPHONE service that operates between 10am and 10pm every day of the year on **1800 804591**.
- ✚ **ALONE** – Covid-19 support for older people. **0818 222 024** available from 8 am to 8 pm Monday to Friday.
- ✚ **LGBT Ireland** – **1890 929 539**
- ✚ **BeLong to** text support for young people. Text LGBT+ to **086 1800 280**
www.belongto.org

MENTAL HEALTH SUPPORTS:

- ✚ Your mental health – an information line is available anytime on **FREEPHONE 1800 111 888** or google: www.yourmentalhealth.ie
- ✚ **Crisis text line Ireland** - text TALK/ spunout/YMH to - 086 1800 280
- ✚ **AWARE** support line – **FREEPHONE 1800 804 848**. They also have a Life skills on line programme
- ✚ **GROW** mental health recovery – information line available 1890 047 4474.
www.grow.ie
- ✚ **National Traveller Mental Health Service** – 01 872 1094 (and press 1) available Monday to Friday 9am to 5 pm. Also, Traveller specific information line – 083 100 6300 available seven days a week from 9 am to 9 pm.
- ✚ **Next Step** – 085 716 1960. A “chat line” is available for participants and an online course is being developed. www.thenextstepcork.org
- ✚ **Bodywhys** – www.bodywhys.ie - phone, text and email support is available. Email - alex@bodywhys.ie
- ✚ www.spunout.ie youth information website. Text spunout to 086 180 0280
- ✚ www.jigsawonline.ie is available for young people between the ages of 12 and 25 years.
- ✚ www.shine.ie – phone and email support available for anyone with mental ill health. Email: phil@shine.ie

COUNSELLING SUPPORTS:

- ✚ www.turntome.org. Free online counselling and online groups for anyone over 18 years.
- ✚ www.mymind.org – low cost counselling via telephone or video call.
- ✚ **Helplink** – www.helplink.ie – free and low-cost counselling available online. This can be accessed via their app or via Skype. Call 091759887 or 0818 998 880 during office hours. Appointments are available seven days a week and are available for anyone struggling with their mental health or emotional wellbeing during Covid-19
- ✚ **Coiscéim low cost counselling** in Cork and Kerry – 087 799 8602.
- ✚ A **Direct provision** helpline is available on 087 337 0542.

Self -Harm Supports:

At times when we are in crisis, we can feel overwhelmed and may consider self-harm. Help is available. Listed below are counselling services, websites and phone numbers that will help develop ways to cope with thoughts of self-harm.

- ✚ **Pieta House Counselling**. They can be contacted on 1800 247 247. This is a free phone number available 24 hours a day. Or you can text help to 51444.
- ✚ **The Samaritans** can be contacted on 116 123 at any time. They are a listening service.
- ✚ www.suicideorsurvive.ie - there are online wellness workshops available on this site.

Stress control classes were available in the community. These are now available online at www.stresscontrol.org These are free, and help us to understand more about anxiety, depression, panicky feelings, poor sleep and poor wellbeing and how to manage these. They are available on YouTube from the **11th May 2020**.

Some useful apps that you can download to you phone or tablet:

- ✚ **Headspace app** – payment is required after 10 exercises.
- ✚ **Mindshift app** - this is useful for anxiety and is based on cognitive behavioural therapy (CBT). It is free to download. CBT is based on our thoughts, feelings and behaviours and how they interact.
- ✚ **Clear fear app** – this is also based on cognitive behavioural therapy and helps to reduce the physical responses to a threat. It is free to download.

Helpful TED Talks

- ✚ **Dr Alan Watkins- Being Brilliant every single day.** *An excellent two part talk and demonstration on the power of the breath on the autonomic nervous system. Useful for anyone who is feeling anxious and/or experiencing concentration problems.*
- ✚ **Tiffany Watt Smith- The History of Human Emotions.** *This can help give clients an understanding of emotions and how attitudes have changed over time. It can be helpful in gaining perspective on distressing emotions.*
- ✚ **Alison Ledgerwood- Getting Stuck in the Negatives** (and how to get unstuck). *Useful for clients who ruminating to help change to focus of attention and to gain an understanding of how this can help.*
- ✚ **Guy Winch- Why we all need to practice emotional first aid.** *A funny and heart-warming talk on the importance of caring for ourselves.*
- ✚ **Guy Winch- How to turn off your work thoughts during your free time.** *Very useful for understanding the importance of boundaries, rest and structure.*
- ✚ **Lisa Fieldman Barrett- You aren't at the mercy of your emotions.** *A very informative talk about the nature of emotions to help gain understanding and perspective.*
- ✚ **Juna Mustad- Anger is your ally: A Mindful approach to anger.** *People often struggle and are frightened of anger. This can help give perspective and understanding.*
- ✚ **Kristen Neff- The space between Self-Esteem and Self Compassion.** *A lovely and honest talk about treating ourselves with compassion.*

Tips for wellbeing at this time...

Please do the following:

- ✚ **Contact our GP** if we are concerned about our physical or mental health.
- ✚ **Have a routine** that includes, eating well, getting some exercise within 5 kilometres of our homes (3.1 miles), not drinking more than the recommended units of alcohol in the week and sleeping well. One unit of alcohol is half a pint of beer or a small glass of wine or one shot of spirits. The recommended number of units of alcohol in a week for a woman is 11 units and for a man it is 17 units.
- ✚ **If sleep is affected** try a cup of warm milk and a plain biscuit before going to bed to see if that will help. If sleep problems persist, talk to your GP.
- ✚ **Practice some relaxation or mindfulness.** Mindfulness is being in the present moment. For example if we are washing our hands or brushing our teeth we focus on that, being aware of the noises, the sensations, the smells and perhaps the taste of the toothpaste in the instance of brushing teeth. Relaxation can be taking two or three deep, slow, calming breaths or practicing a relaxation exercise we may already know or can find on YouTube.

Relaxation can also be sitting reading a book, a magazine, doing a crossword or jigsaw or doing some gardening or craft work. It can be anything that works for us.

- ✚ **Set some time aside** to do something that is just for you.
- ✚ If possible, **maintain contact** with family, friends, and neighbours as always maintaining that very important social distance. Make a phone call, send a text message or write a letter.
- ✚ **Watch something funny** on the television.
- ✚ **Limit the amount of time on social media.** Perhaps, look at news once a day, check news apps on the phone once a day. This may help to reduce our stress and anxiety levels related to the world we are currently living in.

In a crisis, a mental health assessment is available within the mental health services by contacting our GP and they will give advice regarding a referral to the mental health services.

your mental health.ie

Information | Support | Services

We all need to look after our mental health, and just like our physical health, it needs to be maintained. Here are some things you can do to look after your mental health:

Keep active

Regular exercise can really give you a boost.

Talk about it

Problems feel smaller when they are shared with others.

Eat and sleep well

A balanced diet and a good sleep pattern will help the way you feel and think.

Drink less alcohol

Avoiding too much alcohol is important, especially if you're feeling down or worried.

Do something you enjoy

Setting aside quality time for yourself can really help, particularly if you are not feeling great.

Stay in touch

Trusted friends and family are important, especially at difficult times. You're not alone.

REMEMBER:

Everyone is different and we all need help from time to time. Asking for help is a sign of strength. Visit yourmentalhealth.ie for information on minding your mental health and supports and services.



Connecting for Life

yourmentalhealth.ie



Heathú, Mairde
& Fianáil

Building a
Better Health
Service

And for more great information on 'Getting through COVID-19 Together'

Our government departments have created this website that gives us access to information on:

- ✚ Looking after our Mental Health
- ✚ Coping at Home
- ✚ Staying Active
- ✚ Helping in the Community
- ✚ Healthy Eating
- ✚ Cocooning

Just click in the web site below to get access to this information:

<https://www.gov.ie/en/campaigns/together/?referrer=/together>

Some additional support information
and advice are contained in the following
pages:





NUMBERS WHEN YOU NEED THEM - Help at your fingertips during COVID-19

If you are experiencing distress or worried about someone else please contact your GP, your Emergency Department or call the Samaritans for support on Freephone: 116 123 or email: jo@samaritans.ie



Coronavirus
COVID-19
Public Health
Advice

Availability of
services during
COVID-19
circumstances

Dated: 01.05.20

Subject to change

The YourMentalHealth.ie website provides information and signposting on all mental health supports and services that are available nationally & locally provided by the HSE and its funded partners. You can also call the freephone YourMentalHealth Information Line to find supports and services 1800 111 888 (any time, day or night).

TO GET MORE INFORMATION ON GETTING THROUGH COVID-19 TOGETHER PLEASE VISIT:

<https://www.gov.ie/en/campaigns/together>

EMERGENCY SERVICES Ambulance Service, Fire Service, Garda Síochána	Emergency Support	CALL: 112 OR 999
HOSPITAL EMERGENCY DEPARTMENTS	Emergency Support	Cork University Hospital: (021) 492 0200 Mercy Hospital Cork: (021) 493 5241 Kerry General Hospital: (066) 718 4000
SOUTH DOC GP - OUT OF HOURS SERVICES	Urgent out of hours GP Care <i>This service is available after 6.00pm</i>	Cork: 1850 335 999 Kerry: (064) 6650299 <i>Available after 6.00pm</i>
SAMARITANS	Emotional Support Service	FREEPHONE: 116 123 or email: jo@samaritans.ie
AWARE HELPLINE	Listening service for people with depression or those concerned about family or friends	CALL FREE: 1800 804 848 (10am-10pm) www.aware.ie
PIETA HOUSE	24/7 Free therapeutic support for those in suicidal distress or those who engage in self harm	CALL FREE: 1800 247 247 / Text HELP to 51444 www.pietahouse.ie
CHILDLINE	Confidential line for children and young people	CALL FREE: 1800 666 666 Free (24/7) Text Talk to 50101 (Free) 10am-4am / www.childline.ie
HSE - DRUG AND ALCOHOL LINE	Drug and Alcohol information and support	CALL FREE: 1800 459 459 (9.30am - 5.30pm)
MABS	Money Advice and Budgeting Service	CALL: (076) 107 2000 (Mon-Fri 9am to 8pm) Or email: cork@mabs.ie / kerry@mabs.ie / www.mabs.ie
GROW	Peer support groups for over 18s who may struggle with any aspect of their mental health	LOW CALL: 1890 474 474 www.grow.ie
ALONE	Covid-19 support for older people	CALL: 0818 222 024 (8am to 8pm Monday to Friday)
SUPPORT FOR OLDER PEOPLE	Elder Abuse Helpline - for older people experiencing abuse and violence	LOW CALL: 1850 24 1850
WOMENS AID	Support for victims of domestic abuse and violence	CALL FREE: 1800 341 900 (24/7) / www.womensaid.ie
ANYMAN	For men experiencing domestic abuse and violence	CALL: (01) 554 3811
MALE ADVICE LINE	For men experiencing domestic abuse and violence	CALL FREE: 1800 816 588
SEXUAL VIOLENCE HELPLINE	For men and women - experiencing sexual violence	CALL FREE: 1800 77 88 88

For an updated list of Mental Health Services during COVID-19 please visit - www.hse.ie/coronavirus



Need to talk?

Help is a phone call away



Free-phone 24/7 on **116 123**
Text **087 2609090**
Email: jo@samaritans.ie



Call **1800 247 247**
Email: info@pieta.ie



Free-phone 24/7 **1800 666 666**
Text "Talk" to **50101**
Go to www.childline.ie

If you are in crisis please contact your local GP. Out of hours, contact SouthDoc on 1850 335 999 or your nearest Emergency Department.

For further information and a list of other supports please access:

www.yourmentalhealth.ie
www.bereaved.ie

Issued by the HSE/Cork Kerry Community Healthcare



Prevent the spread of COVID-19 in **7 STEPS**

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



SOURCE: WORLD HEALTH ORGANISATION

Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after touching cuts, blisters or any open sores
- you can use alcohol hand rub, if hands are not visibly dirty



www.hse.ie/handhygiene



Washing your hands

Hand washing is important:

- ◆ If hands are not clean they can spread germs.
- ◆ You should wash your hands thoroughly and often with soap and warm water and especially:
 - When hands look dirty
 - Before and after preparing, serving or eating food
 - Before and after dealing with sick people
 - Before and after changing the baby's nappy
 - Before and after treating a cut or a wound
 - After handling raw meat
 - After going to the toilet or bringing someone to the toilet
 - After blowing your nose, coughing or sneezing
 - After handling rubbish or bins
 - After handling an animal or animal litter/droppings
 - After contact with flood water
- ◆ A quick rinse will not work – your hands will still have germs. To wash hands properly:
 - ~ Rub all parts of the hands and wrists with soap and water for at least 15 seconds (or as long as it takes to sing the "Happy Birthday to you" song two times!)
 - ~ Don't miss out on washing your finger tips, between your fingers, the back of your hands and the bottom of your thumbs – the pictures here will help.

Getting ready to wash your hands:

1



- ◆ Remove hand & wrist jewellery - rings, watch, bracelets

2



- ◆ Wet hands thoroughly under warm running water

3



- ◆ Apply a squirt of liquid soap to cupped hand

Washing your hands - take at least 15 seconds/the time it takes to sing the "Happy birthday to you" song twice!

4



- ◆ Rub palm to palm 5 times making a lather/suds

5



- ◆ Rub your right palm over the back of your left hand and up to your wrist 5 times
- ◆ Repeat on the other hand

6



- ◆ With right hand over the back of left hand, rub fingers 5 times
- ◆ Repeat on the other hand

7



- ◆ Rub palm to palm with fingers interlaced

8



- ◆ Wash both thumbs using rotating movement

9



- ◆ Wash nail beds—rub the tips of your fingers against the opposite palm

Rinsing and drying your hands:

10



- ◆ Rinse hands well making sure all the soap is gone

11



- ◆ Dry hands fully using a clean hand towel or a fresh paper towel
- ◆ Bin paper towel after use



