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# SEPA UNISON NEWS



## In this issue:

Mental Health and Wellbeing in a time of crisis

The current COVID 19 crisis is impacting on us all. Every single one of us will react differently to this and the imposed restrictions, such as working in isolation from home to restricted movement.

During this period you may experience periods of worry, stress or anxiety. Therefore it is important that you not only take care of your body physically but also your mental wellbeing.

It is important that you know that you are not alone in this and that UNISON is there for. You can contact any SEPA UNISON official in regard to this.

Details of Branch Officers, Steward and Health & Safety Representatives can found on the SEPA UNISON website at <https://www.sepaunison.org/> SEPA also provide confidential counseling through the occupational health provider.

The following external websites also provide information on mental wellbeing during the COVID 19 epidemic and general mental health:

Mind – provide help and support to anyone experiencing mental health issues Te: 0300 123 333 9am – 6pm Mon -Fri. They have a dedicated part of their website specifically for the Corona Virus <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

SAMH Scotland's mental health charity have information on self-help at <https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-and-your-mental-wellbeing>

GOV.UK – provides updated guidance on current restrictions a well as advice on mental wellbeing during this crisis. <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

Breathing Space provides free confidential service for people in Scotland worried about or experiencing mental health issues Tel: 0800 83 85 87 Mon –Thurs 6pm to 2am & 6pm Fri to 6pm Mon.

Samaritans – provide confidential support and guidance 24 hours a days for those in need of help with wellbeing and mental health issues Tel; 116 123 24hour service. <https://www.samaritans.org/scotland/how-we-can-help/contact-samaritan/>