

Dear Camden resident,  
It's OK to not feel OK during challenging times. See below for a range of things you can do, and support that's available right now.

# 1 Be kind to yourself

## Find time to do something you enjoy



It's OK to treat yourself to the things that make you smile and make you feel good.

### Keep Learning ...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument, or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.

### Give ...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Linking yourself in with your wider community can be incredibly rewarding and will create connections with the people around you. For ideas to volunteer your time, visit [www.camden.gov.uk/volunteering-covid19](http://www.camden.gov.uk/volunteering-covid19)

### Take Notice ...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are eating lunch or talking to a friend on the phone. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

# 2 Connect with others

## by phone, text, social media, write a letter or smile at your neighbours



Many of us are seeing our family and friends less and not taking part in many of our usual activities.

It's important that we stay connected. Get in touch with family and friends to share your thoughts and have a chat.

**Did you know that there are services available to connect you to others?**

Age UK offers a telephone befriending service for people over 60 – call **020 7239 0400** for more information. There are also a range of other services for all ages. For more ways to connect with others, visit <https://camdencarechoices.camden.gov.uk/practical-information-for-staying-at-home/befriending>

# 3 Stay active

## Find different ways of staying active



Being active reduces stress, helps us sleep better and is great for our self-esteem and self-worth too.

If you have access to a garden or you can visit your local park, then get some fresh air, and go for at least a 20-minute walk or run.

**Did you know there are things you can do if it is not possible to be active outside?**

If getting out and moving around is

not easy or possible for you, keep moving about indoors as often or as much as you can. Having an exercise routine that you can do at home is important.

Getting active doesn't have to be intimidating. Start small and find something that works for you on the One You website at [oneyoucamden.org/topic/walk-more](http://oneyoucamden.org/topic/walk-more)

# 4 Money worries

## Support is available to help you manage debt and money worries

If you are worried about money or need to talk about your benefits, free, impartial advice is available:

1. Money Advice Service  
0800 138 1677  
[moneyadvice.service.org.uk](http://moneyadvice.service.org.uk)

2. Citizens Advice Camden  
0300 330 1157  
[camdencabservice.org.uk](http://camdencabservice.org.uk)

3. Debt Free London  
0800 808 5700  
[www.debtfree.london](http://www.debtfree.london)



# 5 Personal difficulties

## Help is available if you are in personal difficulty or experiencing low income

If you find yourself in urgent financial or personal need, there is support and information available for you.

If you are in severe financial hardship and need an emergency payment to pay utility bills or buy food you can call Camden Council on **020 7974 4444 (option 9)**.



# 6 If you're not OK

## Help is available if you are not OK

This has been a very difficult year and things can feel hard at times. Support is available for whatever you are going through – there is hope and you are not alone.

**Finding it hard to cope with your stress, worry, depression or insomnia?**

Talking about your problems can really help. **iCope** provides free, confidential, support. To self-refer visit [www.icope.nhs.uk](http://www.icope.nhs.uk) or call **020 3317 6670** (Monday to Friday, 9am to 5pm). There are also a range of online resources at [good-thinking.uk/](http://good-thinking.uk/) and local services at [www.mentalhealthcamden.co.uk/](http://www.mentalhealthcamden.co.uk/)

**Talk for Health** enables people to set up and/or participate in talking groups that support both your own wellbeing and that of others. Find out what's going on at [mailchi.mp/talkforhealth/whats-happening-this-week-at-talk-for-health-4645529](http://mailchi.mp/talkforhealth/whats-happening-this-week-at-talk-for-health-4645529)

**Looking for a free online wellbeing support service for your child?**

Kooth is a safe and anonymous online mental wellbeing support service for children and young people. Check it out at [www.kooth.com/](http://www.kooth.com/)

**If you are experiencing a mental health crisis** and you don't feel like you can keep yourself safe right now, seek urgent specialist mental health support by calling the crisis line on **020 3317 6333** (24 hrs x 7 days), if it is an emergency and you can't wait, you should call **999**. You can also contact your GP and ask for an emergency appointment.

