



safe to speak

scotland's
domestic
abuse and
forced
marriage
helpline

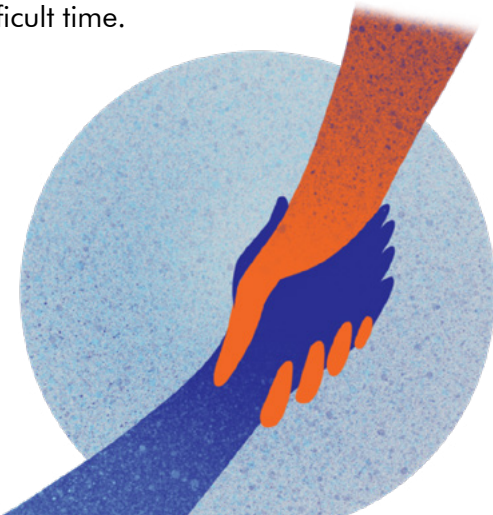
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COVID-19 & MENTAL HEALTH

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Under the coronavirus rules, most of us are having to spend a lot more time at home than we usually would. If you are experiencing domestic abuse, and home is not a safe or comfortable place to be, the lockdown may be making you feel particularly anxious. Your partner or ex-partner's behaviour might be getting more challenging, and on top of this you may be unable to use normal coping strategies such as visiting friends and family.

If you are struggling, it is important to remember that there is still help available: this is not a situation you need to be going through on your own. There are a number of places that can offer information or support with mental health and wellbeing at this difficult time.



If you are looking for more information or support around mental health:

- You may still be able to visit your GP, if you do not have coronavirus symptoms. Remember that mental health is just as valid a concern as physical health. Your GP may be able to prescribe medication, refer you to specialists such as therapists or counsellors, or suggest other coping strategies.
- **Support in Mind** and the **Scottish Association for Mental Health (SAMH)** have more information about looking after your mental health – both in general, and during the coronavirus measures.
- **The Counselling Directory** is an online directory of counsellors in Scotland, which lets you browse counsellors by criteria including type of therapy and whether they offer sessions online.

You can also contact a listening service, if you would like and are able to talk to someone about how you are feeling:

- **Samaritans** – to talk to someone about anything that you are struggling with.
 - Phone: 116 123 (24/7)
 - Email: jo@samaritans.org
- **Breathing Space** – is a 'first stop' to talk to someone, for anyone experiencing low mood, depression, or anxiety.
 - Phone: **0800 83 85 87**
(Mon-Thurs 6pm to 2am;
Weekend: Fri 6pm-Mon 6am)