

CAPITAL Project Trust

Opening Doors to Mental Wellbeing

Information and Resources Handbook



To Support You and Your Mental Health during Social Distancing and Self Isolation due to Covid-19

Information gathered from multiple sources including Pathfinder, Local Councils and other Charities. Information is subject to change. CAPITAL Project Trust would like to thank all providers for their support and advice.

Compiled by CAPITAL Project Trust, April 2020





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Wellbeing and Mental Health Apps





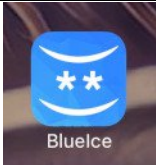
Compiled by Pathfinder West Sussex <https://www.pathfinderwestsussex.org.uk/>


Self-Management

	<p>Wellness Recovery Action Plan (WRAP) <i>Free and available for App Store and Play store.</i></p> <ul style="list-style-type: none"> • The WRAP is a simple and powerful process for creating the life and wellness you want. • Using the WRAP App, you can develop your WRAP, carry it with you wherever you go and share it with whomever you want. • Based on the WRAP Workbook, the WRAP App walks you through the process of creating your personal WRAP. Use it on your own, with a friend or supporter, or in a WRAP group.
	<p>Recovery Path - <i>Free to download and available on App Store as well as Play store</i></p> <ul style="list-style-type: none"> • For people with addictive behaviour • This app offers many strategies to overcome cravings and supports the user to develop a path to sustained recovery, share progress with others and receive support.
	<p>MyPlan</p> <ul style="list-style-type: none"> • MyPlan is a tool to help women with safety decisions, such as abuse in their intimate relationship. It is for the sufferer themselves, or someone who cares about them. • Taking the user step by step through the issues it covers items such as: healthy relationships; red flags; my friend/family's safety; my priorities; my plan.
	<p>Virtual Hope Box - Free. <i>Available on Android and Apple</i></p> <p>https://play.google.com/store/apps/details?id=com.t2.vhb&hl=en</p> <ul style="list-style-type: none"> • Designed by service users and health providers, this app has simple tools to cope with coping and positive thinking as an accessory to treatment. • It can be personalised by the service users together with their health providers to meet specific needs, and can then be used independently.





Coping with Mental Health






	<p>nOCD: <i>Free. Available on Android and Apple</i></p> <ul style="list-style-type: none"> • Designed for people suffering with OCD. • This app was designed with the help of OCD specialists and patients to incorporate two treatments: Mindfulness and Exposure Response Prevention Treatment. • You can receive immediate, clinically-supported guidance when an OCD episode strikes, take weekly tests to assess the severity of your OCD, and have motivational support along the way. One user calls nOCD “a free therapist in your pocket!”
	<p>AIMS for Anger Management <i>Free to install Available on Play store</i></p> <ul style="list-style-type: none"> • AIMS is designed for Veterans and military Service members but can be used by anyone coping with anger problems. • The AIMS app is based on the Anger and irritability Management Skills online self-help course (http://www.VeteranTraining.va.gov/aims/) . • The app provides users with education about anger, opportunities for finding support, the ability to create an anger management plan, and other tools to help manage anger.
	<p>Stem 4: Calm Harm</p> <p>https://play.google.com/store/apps/details?id=uk.org.stem4.stem4&hl=en_GB</p> <ul style="list-style-type: none"> • An app dealing with the ‘wave’ like features of self-harm. • It gives you 4, 5 or 15 minute activities when you are having thoughts of self-harm: comfort, distractions, expression, and release with the added option of a random button which selects a category for you. • After the set time it asks you to rate your self-harm emotional states: how strong was the urge, how many different activities you tried, did the activity help, and why did you get the urge in the first place (including a ‘don’t know’ option). It then takes you to the final page which offers some advice and websites for your specific answers. Whilst it is designed for young people it is helpful enough to be universal.
	<p>Cove: music for mental health</p> <ul style="list-style-type: none"> • To help with managing emotions. • Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.



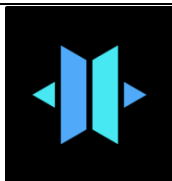
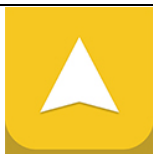
	<p>DBT112 - Free. Available on Android https://play.google.com/store/search?q=dbt112&c=apps&hl=en_GB</p> <ul style="list-style-type: none"> • For people struggling with either emotionally unstable personality disorder, PTSD, or who suffer from dissociative symptoms. • Contains an 'In Crisis' section which allows you to use Mindfulness and grounding techniques, enables you to have a crisis list for relapse prevention, and a flashback section. • The modules are based on the DBT model and include Mindfulness, emotional regulation, relations, distress tolerance, validation, and also has a diary card section. • The final section includes: strengthening thoughts, alternative thoughts, weekly tips, and affirmations.
	<p>MeeTwo - Free. Available on Android and Apple</p> <ul style="list-style-type: none"> • The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. • You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.
	<p>MY3 Free</p> <ul style="list-style-type: none"> • MY3 is aimed at people who are depressed and suicidal • It trains users to recognise suicide warning signs in others and stay connected to their supportive network. • MY3 asks you to choose three close contacts that you feel comfortable reaching out to when you're down and keeps you connected to this core network. • It helps you create your own safety plan asking you to think through and list your own warning signs, coping strategies and support network, so that you can easily act when you recognize your warning signs.
	<p>distrACT Free. Available on Android and Apple</p> <ul style="list-style-type: none"> • This app is for anyone who struggles with self-harm or thoughts of suicide • It gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts. • The content has been created by doctors and experts in self-harming and suicide prevention.
	<p>BlueIce Free - but not readily available on Apple or Android https:// www.nhs.uk/apps-library/blueice/</p> <p>BlueIce is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm. It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.</p>

	<p>PTSD Coach - <i>Free. Available on Android and Apple.</i></p> <ul style="list-style-type: none"> Designed for people suffering PTSD this offers everything from a self-assessment for PTSD, to opportunities to find support, positive self-talk, and anger management. The user can customize tools based on your own individual needs and preferences, and integrate your own contacts, photos, and music.
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Managing Stress, Depression and Anxiety

	<p>CBT Thought Record Diary</p> <ul style="list-style-type: none"> The centerpiece of cognitive-behavioural therapy is changing your emotions by identifying negative and distorted thinking patterns. You can use CBT Thought Record Diary to document negative emotions, analyse flaws in your thinking, and re-evaluate your thoughts. It can also be used as a daily thought tracker
	<p>Stop Panic and Anxiety <i>Free</i></p> <ul style="list-style-type: none"> This app is specifically for those who suffer with panic attacks due to a Panic disorder, as opposed to those with other forms of anxiety. It focusses on the fear of having a panic attack and the fear of the sensations when having a panic attack. As well as articles, diary and training materials it also teaches relaxation techniques
	<p>IMoodJournal <i>Cost: £1.79</i></p> <ul style="list-style-type: none"> Designed for people with bipolar disorder. Part personal journal and part mood tracker it is a way in which to keep notes of overall wellbeing, record thoughts and experiences. It allows the user to set up automated reminders for updating the journal. Helps the user to spot triggers to emotional swings.
	<p>Beat Panic <i>£0.99 Free: available on Apple</i></p> <ul style="list-style-type: none"> Beat Panic is designed as an Apple product to guide through a panic attack or raised anxiety using their phone. <p><i>*Note: This site has been updated and is currently under reassessment.</i></p>

	<p>MoodTools - <i>Free</i></p> <ul style="list-style-type: none"> • MoodTools aims to support people with clinical depression by aiding the path to recovery. • This app provides a suite of different tools to help the user lift their mood, including: thought diary, activities, safety plan, information, video, and a test. • The user log and analyse their thoughts using Cognitive Behavioural Therapy (CBT) principles, develop a suicide safety plan and more with this free app.
	<p>What's Up <i>Free</i></p> <ul style="list-style-type: none"> • For people coping with Depression, Anxiety, Stress and Anger. • It uses Cognitive Behavioral Therapy and Acceptance and Commitment Therapy. • There is a positive and negative habit tracker that can be used to maintain good habits and break any that are counterproductive. • The Get Grounded section, contains questions to pinpoint feelings, • The 'Thinking Patterns' section teaches methods to stop the negative internal monologues.
	<p>SAM: Self-help for anxiety management <i>Free and available on Android and Apple</i> https://play.google.com/store/apps/details?id=com.uwe.myoxygen&hl=en_GB</p> <ul style="list-style-type: none"> • SAM is designed for people who want to use self-help. • Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behaviour over time, and learn 25 different self-help techniques. • You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support.
	<p>SilverCloud <i>Free</i></p> <ul style="list-style-type: none"> • SilverCloud is an online course to help the user to manage stress, anxiety and depression. • It involves working through a series of topics selected by a therapist to address specific needs. The eight-week course is designed to be completed in your own time and at your own pace.
	<p>Happify - <i>Free. Available on Apple and Android</i></p> <ul style="list-style-type: none"> • Designed to help reduce stress and overcome negative thoughts. • It is a mood-training program that enables the participant to access various engaging use games, activity suggestions, gratitude prompts and more to train the brain as if it were a muscle, to overcome negative thoughts.





	<p>My Possible Self: The Mental Health App <i>Free</i></p> <ul style="list-style-type: none"> • This enables the user to take control of their thoughts, feelings and behaviour. • There are simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. • Record your experiences and track symptoms to better understand your mental health.
	<p>Worry Time <i>Free and available on Apple</i> https://play.google.com/store/apps/details?id=air.au.com.reachout.worrytime&hl=en_GB</p> <ul style="list-style-type: none"> • This app allows the user to write down and park their worries and sets aside a specific time to spend on them, anything from 5-20 minutes. • With each worry, during worry time, the user can add possible solutions to them and test these out. • When the user has finished with their worries they can 'screw them up' as each one is designed to look like pieces of paper. The user can look at their worries in the history section of the app to see if there are any patterns that they may not have seen before.
	<p>Worry Watch</p> <ul style="list-style-type: none"> • Worry Watch aims to help users identify their trigger points for anxiety, note trends in their feelings, reflect on when the outcomes were harmless, and change their thinking patterns for the future.
	<p>Stress & Anxiety Companion <i>Free - or, for the full toolkit, £2.39 a month, or £15.49 a year</i></p> <ul style="list-style-type: none"> • Stress & Anxiety Companion helps to handle stress and anxiety on-the-go. • It offers breathing exercises, relaxing music and games designed to calm the mind. • It helps to change negative thoughts to help better cope with life's ups and downs.

Wellbeing and Mental Health Websites

General Mental Health and Wellbeing Support

	<p>Information and support in variety of areas:</p> <ul style="list-style-type: none">• working from home,• coping with self isolation,• financial difficulties,• domestic abuse• talking with children about what is happening <p>https://www.mentalhealth.org.uk/coronavirus</p>
	<p>https://www.mind.org.uk/</p> <p>Coronavirus and your wellbeing support:</p> <p>https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/</p>
	<ul style="list-style-type: none">• Practical advice and support• 24 hours a day phone line – 116 123• Email service - jo@samaritans.org• Specific Covid 19 support pages• https://www.samaritans.org/
	<ul style="list-style-type: none">• Information and Advice• https://www.rethink.org/

Children and Young People

 <p>ONLINE, ON THE PHONE, ANYTIME childline.org.uk 0800 1111</p>	<p>Childline: Support and advice available for children and young people</p> <p>https://www.childline.org.uk/get-support/contacting-childline/message-from-childline/</p>
	<p>https://www.childrenssociety.org.uk/coronavirus-information-and-support</p>
	<p>Support and advice for parents, children and young people:</p> <ul style="list-style-type: none"> • parent support line • Text support service for young people <p>https://youngminds.org.uk/</p>
	<p>Mental Health Support for people under 25 years:</p> <ul style="list-style-type: none"> • Advice pages • Telephone support • Text Support Service <p>https://www.themix.org.uk/</p>

How to access support in your area if you are vulnerable and self-isolating

WEST SUSSEX COUNTY'S COUNCIL'S COVID-19 COMMUNITY HUB

Helpline 0330 222 7980 whose lines are open 8 am to 8 pm 7 days per week

Most areas have now also set up their own local hubs to organise support to those who are self-isolating and vulnerable. The support available includes help with getting food and medicines. If you are in need of support, please contact the hub in your area by using the contact details below.

Western

Bognor Regis and Chichester

- Hub Number: 0330 222 7980 (West Sussex County Council)
- Request Support through West Sussex County Council website:
<https://www.westsussex.gov.uk/leisure-recreation-and-community/supporting-local-communities/community-hub-covid-19/>

Amberley

- Area covered: Amberley
- Hub number: 01403 215230

Ashington, Washington and Wiston

Pulborough

- Area covered: Pulborough
- Hub number: 07514 134664

AAW

Adur and Worthing

- To register for support: <https://www.adur-worthing.gov.uk/coronavirus/community-support/>
- Hub Number: 0330 222 7980 (West Sussex County Council)

Littlehampton

- Hub Number: 0330 222 7980 (West Sussex County Council)
- Request Support through West Sussex County Council website:
<https://www.westsussex.gov.uk/leisure-recreation-and-community/supporting-local-communities/community-hub-covid-19/>

Storrington

- Area covered: Storrington, Parham
- Hub number: 07514 118678

Upper Beeding

- Area covered: Bramber, Upper Beeding, Small Dole, Steyning
- Hub number: 0800 955 4359

Northern

Crawley

- Hub number: 01293 438000
- Email: covid-19.support@crawley.gov.uk
- Or complete an eform: crawley.gov.uk/coronavirus

East Grinstead

- Hub Number: 01342 323636 and press 1 Monday – Saturday 9am – 4pm
- <https://www.eastgrinstead.gov.uk/covid-19-update/emergency-action-group-helpline/>

Haywards Heath

- 01444 455694 (9am – 5pm), 07384289668
- Email: town.clerk@haywardsheath.gov.uk
- Support can also be found through the Haywards Health and Surrounding Areas Covid 19 Mutual Aid Group:
<https://www.facebook.com/groups/HaywardsHeathCOVID19MutualAid/>

Horsham

- Hub number: 01403 215230 (who will pass your details to your local volunteer hub)
- Email: covid-19.support@horsham.gov.uk

There are 27 Community Volunteer Hubs in **Horsham District** that have been set up to help vulnerable people who are having to self-isolate due to the coronavirus (COVID-19) situation. The Hubs are manned by volunteers, giving practical help such as going for shopping and medicines, and providing emotional support, with a friendly phone call for those who are isolated at home.

- Area covered: Ashington, Washington and Wiston
- Hub number: 01903 357043

Barns Green

- Area covered: Barns Green, Christ's Hospital, Itchingfield, Bashurst Hill, Brooks Green
- Hub number: 01403 215230

Billingshurst

- Area covered: Billingshurst
- Hub number: 01403 595003

Broadbridge Heath

- Area covered: Old Broadbridge Heath and Wickhurst Green
- Old Broadbridge Heath hub number: 07903 435083
- Wickhurst Green hub number: 07581060638

Coldwaltham

- Area covered: Coldwaltham
- Hub number: 01798 873363

Colgate and Faygate

- Area covered: Colgate, Faygate, Kilnwood Vale
- Hub number: 01403 215230

Cowfold

- Area covered: Cowfold
- Hub number: 01403 215230

Henfield

- Area covered: Henfield
- Hub number: 01273 494420

Horsham

- Area covered: Roffey (North and South), Holbrook (East and West), Trafalgar, Denne and Forest

- Hub number: 01403 215230

Lower Beeding

- Area covered: Lower Beeding, including Crabtree village
- Hub number: 01403 215230

Mannings Heath

- Area covered: Mannings Heath
- Hub number: 07771 356795

Nuthurst

- Area covered: Nuthurst, Monks Gate, Maplehurst, Copsale, Sedgwick
- Hub number: 07979 548065

Partridge Green

- Area covered: Partridge Green, West Grinstead, Dial Post, Littleworth
- Hub number: 0800 6890941

Rudgwick

- Area covered: Rudgwick
- Hub number: 01403 824156 or 07912 943289

Rusper

- Area covered: Rusper parish
- Hub numbers: 07710371195 or 07973118747 or 07977988199

Shermanbury

- Area covered: Shermanbury
- Hub number: 07909 332605

Shipley

- Area covered: Shipley
- Hub number: 07786 693000

Slinfold

- Area covered: Slinfold
- Hub numbers: 07880441540 or 07464520887

Southwater

- Area covered: Southwater
- Hub number: 01403 215230

Thakeham and Sullington

- Area covered: Thakeham, Sullington
- Hub number: 07517 100626

Warnham

- Area covered: Warnham
- Hub number: 01403 215230

West Chiltington

- Area covered: West Chiltington, Nutbourne
- Hub number: 07714196070

Woodmancote

- Area covered: Woodmancote
- Hub numbers: 07861807249 or 07394533827

Foodbanks

If you are in extreme financial hardship and in need of food, please remember there is support available. This is NOT for people who are self-isolating and need food – for that please contact your local hub instead (contact details above).

If you need to use a foodbank please see below for the support available in your area during this time. In some areas you will need to contact the CAPITAL Project Office first on 01243 869662 in others you can contact directly, but you will need to name CAPITAL Project Trust as your **Voucher Agent**.

Northern

Crawley

- Contact Crawley Borough council directly: 01293 438 000 and choose option 1
- Follow this link to request support: <https://crawley.gov.uk/coronavirus/supporting-community/local-support-organisations>
- Opening Hours: 9:30 – 5:30
- Delivery Only

Haywards Heath

- Contact directly on: 07884 106 719
- Email: info@haywardsheath.foodbank.org.uk
- Opening Hours: 9:30 – 5:30
- Delivery only

Horsham

- Contact directly on 0300 124 0204 or through CAPITAL Project on: [01243 869662](tel:01243869662)
- Email: info@horshammatters.org.uk
- Opening Times: 9:30 – 5:30
- Delivery Only

AAW

Lancing and Sompting Churches

- Contact directly by **Text** on: 07719 196735
- Email: lscfoodbank@gmail.com
- Supermarket voucher given only

Southwick and Shoreham

- Contact directly: 07708 384906
- Email: info@shoreham.foodbank.org.uk
- Opening Hours: 9:30 – 5:30

Worthing

- Contact directly: 07918759664
- <http://worthingfoodbank.co.uk>

Western

Bognor Regis

- Contact CAPITAL directly on 01243 869662
- Collection from the food bank available weekly from Bognor Methodist Church Hall

Chichester

- Contact CAPITAL directly on 01243 869662
- Delivery only

Midhurst

- Contact CAPITAL directly on 01243 869662
- Delivery only

Petworth

- Contact CAPITAL directly on 01243 869662
- Delivery only

Selsey

- Contact CAPITAL directly on 01243 869662
- Delivery only

Domestic Abuse Support

National Support

National Domestic Abuse 24-hour Helpline

- 0808 2000 247
- <https://www.nationaldahelpline.org.uk/>

West Sussex

	Worth Domestic Abuse Advisors <ul style="list-style-type: none">• WORTH Services have Domestic Violence Advisors across West Sussex• Telephone: 0330 222 8181 (Monday to Friday, 9am- 5pm)• or 07834 968539 (weekends, including Bank Holidays, 9am - 5pm)
	Safe In Sussex <ul style="list-style-type: none">• Telephone: 0330 333 7416 Mon – Fri 9:30 – 4:30• Email: info@safeinsussex.co.uk• Website: http://www.safeinsussex.co.uk/

Bognor Regis

	My Sisters' House <ul style="list-style-type: none">• Domestic Abuse line: 07787 394983 (Mon – Fri 10am – 1pm/ Thurs 5 – 8pm / Sat 9am – midday)• Employment Advice: 07538 825756 (Mon – Fri 10am – 1pm)• Emotional Support: 07787 395102• Email: office@mysistershouse.info• Website: https://www.mysistershouse.info/covid19
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What to do if you need urgent police help through the 999 service, but can't speak

If you're in an emergency situation and need police help, but can't speak, Make Yourself Heard and let the 999 operator know your call is genuine.



WHEN YOU CALL 999

All 999 calls are directed to call centres and will be answered by BT operators. They will ask which service you need. If no service is requested but anything suspicious is heard throughout the process, BT operators will connect you to a police call handler.

IF YOU CALL 999 FROM A MOBILE

It is always best to speak to the operator if you can, even by whispering. You may also be asked to cough or tap the keys on your phone in response to questions.

If making a sound would put you or someone else in danger and the BT operator cannot decide whether an emergency service is needed, your call will be transferred to the Silent Solution system.

The Silent Solution is a police system used to filter out large numbers of accidental or hoax 999 calls. It also exists to help people who are unable to speak, but who genuinely need police assistance. You will hear an automated police message, which lasts for 20

seconds and begins with 'you are through to the police'. It will ask you to press 55 to be put through to police call management. The BT operator will remain on the line and listen. If you **press 55**, they will be notified and transfer the call to the police. If you don't press 55, the call will be terminated. Pressing 55 does not allow police to track your location.

WHAT THEN?

When transferred to your local police force, the police call handler will attempt to communicate with you by asking simple yes or no questions. If you are not able to speak, listen carefully to the questions and instructions from the call handler so they can assess your call and arrange help if needed.

IF YOU CALL 999 FROM A LANDLINE

Because it's less likely that 999 calls are made by accident from landlines, the Silent Solution system is not used.

If, when an emergency call on a landline is received:

- there is no request for an emergency
 - the caller does not answer questions
 - only background noise can be heard and BT operators cannot decide whether an emergency service is needed,
- then you will be connected to a police call handler as doubt exists.

If you replace the handset, the landline may remain connected for 45 seconds in case you pick it up again.

If you pick up again during this 45 seconds and the BT operator is concerned for your safety, the call will be connected to police.

When 999 calls are made from landlines, information about where you're calling from should be automatically available to the call handlers to help provide a response.



#MakeYourselfHeard
#SilentSolution



www.policeconduct.gov.uk



women's aid
until women & children are safe

Crisis Support Information from Pathfinder



A crisis is any situation in which you feel you need urgent help. If you are feeling suicidal or having thoughts about harming yourself, talk to someone you trust, they may be able to offer support and help keep you safe. If you feel that someone you know might be suicidal, ask them. Here are details of free helplines and other ways you can get help.

The Samaritans – 116 123

- Email: jo@samaritans.org
- Website: <https://www.samaritans.org/>

Emergency 999

Call for an ambulance or go straight to A&E if you think that you may act on suicidal feelings or you have seriously harmed yourself.

Contact Mental Health Services

If you are already receiving support from Sussex Partnership mental health services you should have a care plan and a crisis card. These will include details of who to contact in a crisis.

NHS 111 or Your GP

If you need medical help or advice fast but it's not an emergency call 111 and ask for the Sussex Mental Health Line, a specialist telephone service offering support and information, or contact your GP to make an appointment.

Pathfinder Contact Numbers



Adur Area (Inc. Fishersgate, Lancing, Shoreham, Southwick)

- 01273 871575
- Pathfinder.adur@westsussexmind.org

Pathfinder Bognor

- 01243 863034
- pathfinder.bognor@unitedresponse.org.uk

Pathfinder Chichester

- 01243 780420
- pathfinder.chichester@richmondfellowship.org.uk

Pathfinder Crawley

- 01293 534782
- pathfinder.crawley@sussexoakleaf.org.uk

Pathfinder Horsham

- 01403 241866
- Pathfinder.horsham@richmondfellowship.org.uk

Pathfinder Littlehampton

- 01903 721893
- pathfinder.littlehampton@westsussexmind.org

Pathfinder Midhurst

- 07474 871899
- pathfinder.midhurst@westsussexmind.org

Pathfinder Mid Sussex (Inc. Burgess Hill, Haywards Heath, East Grinstead etc.)

- 01444 416391
- pathfinder.mid-sussex@sussexoakleaf.org.uk

Pathfinder Worthing

- 01903 268107
- Pathfinder.worthing@westsussexmind.org