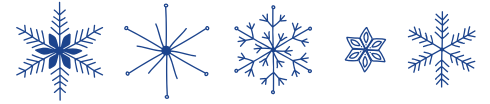


Stay Safe **Be Kind**



Keeping you well during winter

As we creep into winter months and dark nights, it is important to keep well. Coronavirus is changing life for all of us and when lots of things change at once it's easy for us to feel overwhelmed, especially as we stay home to protect ourselves and others and prevent the spread of coronavirus.



Here are ten things you can do to promote your physical and mental wellbeing:



Be active

Great for mind and body. Regular exercise can boost your self-esteem and help you to concentrate and feel better. Find ways to keep physically active e.g. *going for a walk or home-based exercise.*



Be connected

Know who you need to stay in contact with for help with getting things done or just a general chat; this could include family, friends, local community or faith groups. *Find new ways to connect with them such as video calling.*



Be positive

Try to look for the positives in the situation e.g. *having some extra me time or having the opportunity to catch up with something you have been meaning to do.*



Be occupied

Now is a great time to get on with your current interests or explore new ones. You could try a hobby that you used to enjoy but haven't had the time for.



Be up to date

Know what the latest is, using reliable sources such as:
[wolverhampton.gov.uk/coronavirus](https://www.wolverhampton.gov.uk/coronavirus) or
[nhs.uk/conditions/coronavirus-covid-19](https://www.nhs.uk/conditions/coronavirus-covid-19)
Try to limit how much news you watch or read to once or twice a day.



Be prepared

Think about what you are going to need and make a plan. You can make daily, weekly, and monthly plans to help get the things you need, e.g. *food, medicines, magazines.*



Be in a routine

Develop a new daily routine that works for you, this could include regular waking up and bedtimes, planned mealtimes, and time to be physically active.



Be helpful

See how you can support others. Whether it's someone you know or volunteering to support people locally, there are lots of ways to get involved with your community even from home.



Be relaxed

Try a relaxation or meditation exercise that works for you and practice it once a day for at least 10 minutes.



Be heard

Talk to friends, family or community and faith groups about how you are feeling. You can do this by phone, or online. Writing things down can help to organise your thoughts. Living through a piece of global history could be a great time to start a diary!

Our ability to feel good and function well over the winter period can be influenced by lots of factors. Below is a list of resources and contacts you may find helpful.

Staying well and keeping occupied

NHS Every Mind Matters
www.nhs.uk/oneyou/every-mind-matters

NHS Better Health
www.nhs.uk/better-health

Black Country Healthcare
www.ease-the-load.org

WV Active
01902 551010

Wolverhampton Libraries
01902 552025

COVID-19 support

Stay Safe Be Kind COVID
01902 290 241

NHS Volunteers Responders
0800 196 3646

COVID Book a Test
119

Alcohol and substance misuse

Alcohol Anonymous 24/7
0800 9177 650

Recovery Near You
0300 200 2400 (Adults)
0300 123 3360 (Young People)

Employment support

Workbox
01902 554400

**Black Country Impact
Wolverhampton**
01902 554031

Job Change
01902 714224

Access to Business
01902 572 397

Feeling lonely and isolated

**Wolverhampton Community
Support Team**
01902 553445

**Wolverhampton Carer
Support Team**
01902 553409

**Compassionate Communities
Befriending Helpline**
01902 774570

**Campaign Against Living
Miserably (CALM)**
0800 58 58 58

**Wolverhampton's Social
Prescribing Service**
07366 701877

Experiencing mental distress

**Black Country Healthcare
24-7 mental health support**
0800 008 6516

Rethink
0808 802 2208

**Wolverhampton
Healthy Minds**
0800 923 0222
01902 441 856

Papyrus
0800 068 4141

The Samaritans
116 123
jo@samaritans.org

Financial support and debt

**Council's Welfare Rights
Service**
07966 292321

**Wolverhampton Citizens
Advice Bureau**
07850 209529
07525 844112

Bereavement

**CRUSE Bereavement
Support**
0808 808 1677

Become a volunteer

**Wolverhampton
Volunteer Centre**
01902 328 980

Domestic abuse

**Wolverhampton
Safeguarding**
01902 551199

**Wolverhampton Domestic
Violence Forum (WDVF)**
01902 555643

Haven
08000 194 400

**National Domestic Abuse
Helpline**
0808 2000 247



For further information and support please visit:
www.wolverhampton.gov.uk/coronavirus-advice-and-information

  [WolverhamptonToday](#)  [Wolverhampton_Today](#)  [@WolvesCouncil](#)

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WOLVERHAMPTON
COUNCIL