



Clear Your Head Resource Pack





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Clear Your Head Resource Pack: Introduction and guidance

The messages promoted by the Clear Your Head campaign are aimed at the whole population. However we recognise that for some, further support is needed to help them through this unprecedented time. The “**Clear Your Head Resource Pack**” contains enhanced information which will support those working on the frontline to assist people showing signs of crisis and distress as a result of the Coronavirus outbreak.

The following information is enclosed:

- **Social Media Content:** for you to use on your organisations social media platforms to promote the “Clear Your Head” campaign
- **Self-management resources:** a concise list of local and national websites and telephone support lines which have good, reliable information to help manage thoughts and feelings related to Coronavirus. This one page information sheet can be printed out and distributed to anyone (staff, volunteers and public) who need it
- **“Ask, Tell...” animations:** links to three short animated clips which provide guidance and advice on what to do if you are concerned about an individual who is showing signs of distress. Staff and volunteers working with directly the public should be encouraged to watch these animations
- **3 Step Guide:** a short guide on what to do if a conversation escalates and you are concerned for the safety of an individual. This one page information sheet can be printed out and given to staff and volunteers working directly with the public (Please note it is recommended staff and volunteers watch the “Ask, Tell...” animations prior to using the 3 Step Guide)

We ask that in addition to promoting the Clear Your Head website and campaign messages, you utilise this Resource Pack where necessary.

If you require any additional information about how to use the contents of this pack, please contact: Mary-Grace.Burinski@nhs.net

Thank you for your co-operation.

Yours sincerely

Ruth Bennett
Health Promotion Manager



Clear Your Head: Social Media Posts

Post 1:

It's important we look after ourselves, now more than ever. Find practical tips on how to Clear Your Head – and feel better – at www.clearyourhead.scot #ClearYourHead



Post 2:

These are worrying and uncertain times. Moving more, keeping to a routine, or simply taking a breather, are things you can do every day to feel better. For other tips on staying positive during the coronavirus outbreak visit www.clearyourhead.scot #ClearYourHead



Post 3:

Is the current situation making you feel anxious, worried or stressed? The Clear Your Head campaign provides practical tips to help you cope over the coming weeks. Find sources of help and advice at www.clearyourhead.scot #ClearYourHead



Post 4:

We're supporting the Scottish Government's Clear Your Head campaign, which highlights the things people can do to look after themselves during the coronavirus outbreak. Find practical tips on how to stay positive and feel better at www.clearyourhead.scot #ClearYourHead



Post 5:

If you're feeling worried or stressed at the moment, there are things you can do each day to help yourself feel better, like moving more or sticking to a routine. Find practical tips at www.clearyourhead.scot #ClearYourHead





Clear Your Head: self management resources

There is a significant amount of support and information available online and by telephone specifically to help people manage their mental and emotional wellbeing during the Coronavirus outbreak. With so much advice available, it could become overwhelming. We have identified the following as key self management resources for those who are in need of advice or support.

Online support

- **Clear Your Head:**
<https://clearyourhead.scot/>
Advice on practical things you can do while continuing to stay at home to help take better care of your mental health and wellbeing over the coming weeks.
- **NHS Inform:**
<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/your-mental-wellbeing/coronavirus-covid-19-your-mental-wellbeing#stay-informed>
Reliable information from trustworthy sources to help keep you informed and also where to find support if you are feeling overwhelmed.
- **Ready Scotland**
<https://www.readyscotland.org/coronavirus/where-to-find-additional-support/>
For people in need of additional support during the Coronavirus outbreak this page lists various organisations who can offer help and guidance.
- **ParentClub:**
<https://www.parentclub.scot/topics/health/coronavirus?age=0>
Useful information for parents on how to cope with the changes caused by the Coronavirus outbreak.
- **Moodcafe Fife:**
<http://www.moodcafe.co.uk/mental-health-info/coronavirus-and-your-wellbeing.aspx>
Includes information on how you can reduce worrying thoughts and feelings around Coronavirus or support those around you who may be worried.
- **Fife CAMHS Hands On:**
<https://www.handsonscotland.co.uk/COVID-19/>
Help and practical advice for supporting children and young people's mental health and emotional wellbeing. This website is for parents, carers and people who work with children and young people in Fife with links to helpful COVID19 websites and resources.

Telephone support

- **Samaritans:** 116 123 or email: jo@samaritans.org
Open 24 hours a day, 7 days a week, 365 days a year. Email response time approximately 24 hours.
- **Breathing Space:** 0800 83 85 87
Service is open: Monday to Thursday 6pm – 2am; Friday to Monday 6pm – 6am
- **SAMS cafe:** 07971 892 886 or 07725 214 012
Peer support available by telephone on Wednesdays, Fridays, Saturdays and Sundays 2pm-10pm. If telephones are busy, please keep trying. (Please note: telephone numbers do not receive incoming text messages or voicemail)



Clear Your Head: “Ask, Tell....” animations

Please watch the following short animations which were developed by NES Education for Scotland. These have been prepared to support frontline staff from a range of organisations who need to be informed about mental health and wellbeing and be able to respond to someone who is experiencing distress, or is in crisis, and who might be at risk of self-harm or suicide.

1. Ask, Tell - Look After Your Mental Health

<https://vimeo.com/338176495>

The animation explores what mental health is and that we all have mental health. Factors that can affect our mental health are explored, including how we can promote good mental health and respond compassionately to people who may be experiencing mental distress.

2. Ask, Tell - Save A Life: Every Life Matters: suicide prevention and keeping people safe

<https://vimeo.com/338176393>

This animation explores the issue of suicide, including statistics and facts about suicide in Scotland. It helps learners understand the signs that people may be thinking about suicide, and how and when to provide immediate help and support.

3. Ask, Tell - Have a Healthy Conversation

<https://vimeo.com/338176444>

This animation gives practical tips about how and when to have compassionate conversations with people who may be feeling suicidal or experiencing mental distress. It highlights the range of communication skills that should be used including listening, questioning and responding skills. It also provides information on how to get immediate help and support.

NHS and Health & Social Care staff:

The animations are hosted on the Turas Learn platform (see link below) – search *mental health improvement and prevention of self-harm and suicide*:

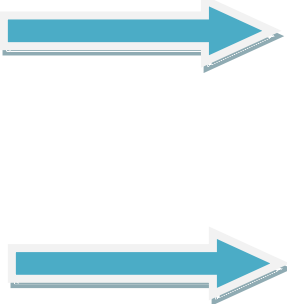


<https://learn.nes.nhs.scot/17099/mental-health-improvement-and-prevention-of-self-harm-and-suicide>



Clear Your Head: 3 Step Guide

The messages promoted through the Clear Your Head campaign are aimed at the whole population as everyone will experience some level of anxiety and uncertainty related to Coronavirus. For the majority, this advice will be enough to help us deal with the situation. However, some people will need additional help and support as they are possibly experiencing distress or are in crisis. If someone asks you for help and the conversation escalates, this 3 Step Guide will support you to signpost to the appropriate help which is available.

We strongly recommend you view the “Ask, Tell...” animations detailed in the Online Training information sheet prior to using this 3 Step Guide.

<p>Step 1:</p> <p>If you feel an individual is in need of basic advice to manage their emotional wellbeing</p> <p>If the individual indicates they have a specific issue which requires specific advice</p>		<p>Signpost to self-management websites. Provide a copy of Self-Management Information Sheet:</p> <ul style="list-style-type: none"> • https://clearyourhead.scot/ • https://www.nhsinform.scot • http://www.moodcafe.co.uk <p>Provide a copy of the “Keeping Connected” leaflet which directs to services offering help and support on a range of issues.</p>
<p>Step 2:</p> <p>If the discussion escalates and you are concerned the individual is showing signs of distress or crisis but is <u>not</u> in immediate danger</p>		<p>Signpost to telephone support lines (contact information and opening hours also on front cover of Keeping Connected leaflet):</p> <ul style="list-style-type: none"> • Samaritans: 116 123 • Breathing Space: 0800 83 85 87 • SAMs Cafe: 07971 892 886 07725 214 012 <p>“Stay Alive” is a Suicide Safety App which is available and free to download from https://brothersinarmsscotland.co.uk/apps/brthers-stayalive/</p>
<p>Step 3:</p> <p>If the situation escalates and you are concerned for an individual’s immediate safety</p>		<p>Do not leave the individual alone and call 999 immediately</p>