

RunTogether

Supporting

Mental Health

Coronavirus and your wellbeing

You and your runners might be worried about coronavirus (also known as COVID-19) and how it could affect your life. This may include not being able to run with a group, being asked to stay at home or avoid other people. This might feel difficult or stressful. But there are lots of things you and your runners can try that could help your wellbeing.

[Click here](#) for guidance from our friends at Mind, the Mental Health Charity about Coronavirus and your wellbeing

Keeping in touch

It's important to stay connected and check in to see how people are doing. There are lots of different ways to stay in touch with other group members.

Technology provides an opportunity for us all to support each other's mental health. Share a funny picture or video, start a book club, have a virtual chat over a coffee or some cake. It also enables virtual group exercise sessions, club or group exercise challenges and so much more. We know that RunTogether groups are great at creating imaginative ways of doing things and now is the time to embrace that!

For more information about how to stay connected through digital technology, including information about group chat, video conferencing and online events [click here](#).

Being Active

Getting some fresh air and exercise is really important to support good mental health. Take time to get outside regularly for a walk or run or why not do circuits in the house or garden? Remember to keep yourself and others safe and make sure you follow government advice. Keep up to date with the [England Athletics guidance](#)

Mind have also provided some guidance about staying active at home - [Mind: How to stay active at home](#).

Mental Health Support

If you, or anyone in your group, are experiencing mental health problems or need support, there are lots of places you can go to for help.

Headspace - Weathering the storm

Free access to some of the Headspace app. It includes meditations, sleep, and movement exercises to help you out, however you're feeling. It's our small way of helping you find some space and kindness for yourself and those around you. [Click here](#) for more information.

Samaritans

Telephone: 116 123 (24 hours a day, free to call)

Email: jo@samaritans.org

Website: www.samaritans.org

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

Mind Infoline

Telephone: 0300 123 3393 (9am-5pm Monday to Friday)

Email: info@mind.org.uk

Website: www.mind.org.uk/help/advice_lines

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy.

ChildLine

Telephone: 0800 1111

Email: www.childline.org.uk/Talk/Pages/Email.aspx

Website: www.childline.org.uk

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything no problem is too big or too small.

Side by Side

Website: <https://sidebyside.mind.org.uk>

Side by Side is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, and this is a safe place to listen, share and be heard. Our 'Being active' theme helps community members easily share and find content about being active, to motivate, inspire and support each other. To sign up you need an email address, username and to input your date of birth