

Mental Wellbeing Support

There are many services available to support you through this difficult period when your mental health may be suffering.

Breathing Space

A free, confidential phone service for anyone in Scotland over the age of 16 experiencing low mood, depression or anxiety.

Phone: **0800 83 85 87**

www.breathingspace.scot

Mental wellbeing

A collection of resources to help:

www.highlandmentalwellbeing.scot.nhs.uk

Samaritans

Calls are free and do not show on a phone bill.

Phone: **116 123**

www.samaritans.org/scotland/how-we-can-help

Mikeysline

Text-based support for people in Highland.

Text: **07786 20 77 55**

www.mikeysline.co.uk

Covid Guidance for Residents

Stiùireadh Covid do Luchd-còmhnaidh

Remember:



FACE COVERINGS

Face coverings in all indoor communal areas.



AVOID CROWDS

Avoid crowded places.



CLEAN HANDS

Clean your hands regularly with soap and use sanitiser provided.



TWO METRES

Two metre distance from others.



SELF-ISOLATE

Self isolate and book a test if you have symptoms.

Stay at Home Guidance

People living in the Highlands are in lockdown. To minimise the risk of spreading the virus, you must stay at home as much as possible.

You should only leave or remain outside your house for essential reasons like:

- ➔ Getting food or medicines
- ➔ Any medical need
- ➔ Exercise
- ➔ To provide support to a vulnerable person

Support for residents asked to self-isolate

If you must self-isolate due to suspected COVID-19 symptoms, or members of your household have symptoms, you must not leave your home.

You can find guidance on the NHS Inform website:

www.nhsinform.scot

For help to self-isolate please phone: **0300 303 1362**

Socialising

✓ A maximum of 2 people can meet outside their home for recreation and exercise if they are not from the same household.

✗ NO indoor socialising.

Extended Households

✓ Extended household arrangements continue for people who live alone, single parents and couples that do not live together.

Shared Parenting

✓ Children can move between their parents' homes – this includes both supervised and unsupervised contact.

We can help you access food/ pharmacy supplies if you have to self-isolate and do not have anyone that can do this for you.

The Scottish Government provides a grant of **£500** to people who are in receipt of low income benefits and who will lose income as a result of being asked to self-isolate by Test and Protect to prevent the spread of COVID-19.

Financial Help

The Council's Welfare Team can help you to identify and claim all the benefits that are available for your personal circumstances and will complete applications on your behalf. This service is free and confidential.

Contact our welfare specialists by FREEPHONE on:

0800 090 1004 (9am – 5pm)

or by email to:

welfare.support@highland.gov.uk

Support for residents who are shielding or are vulnerable

If you're on the shielding list or you are vulnerable and need guidance or help, you can phone us on:

0300 303 1362

We can help with priority supermarket slots for those on the shielding list, financial advice (or emergency food deliveries) as well as information on many other services.

Other contacts

Out of hours, if emergency support is required call:

01349 886691

Other urgent Council business, phone our Service Centre on:

01349 886602

Or contact us online: www.bit.ly/ContactHighlandCouncil