

Press Release

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4 Mental Health

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4 Mental Health Launch New 'WellbeingAndCoping' website

The [WellbeingAndCoping](#) website has been developed by [4 Mental Health](#) and co-funded by NHS England, to offer free calming and practical advice for anyone emotionally struggling during the coronavirus pandemic.

The website was designed with expert input from international academics, health professionals, mental health specialists, educators and individuals who are currently struggling emotionally. Resources are suitable for professionals and the general public alike, and maybe particularly helpful to individuals in a 'carer' role, including young carers.

[WellbeingAndCoping](#) offers compassion, calmness and practical ways to help cope during this incredibly challenging time. It provides step-by-step guidance to help people build their own personalised physical and mental health Wellbeing Plan. The website also includes a useful information sheet which can be downloaded, printed and sent to loved ones, neighbours, patients or anyone who doesn't have access to the internet.

Dr Alys Cole-King, Clinical Director at 4 Mental Health and an NHS Consultant Psychiatrist has said:

"These are unprecedented times and coronavirus is not just a public health crisis – it's personal and affects all of us. Everyone is feeling the pressure."

She added: *"We designed the 'WellbeingAndCoping' website to be calming and helpful for everyone. It has lots of ideas for things that anyone can do, including suggestions for 30 second or 3-minute 'emergency reboot' strategies, some of which can be done 'anytime-anyplace-anywhere!'"*

Feedback from our Expert Reference Group:

"Delighted to contribute to this much needed resource that people can trust as it has been developed by experts and is exactly what is needed right now". **Prof Siobhan O'Neill, Professor of Mental Health Sciences at Ulster University**

"The site is fabulous; concise, well-formatted, highly informative and the graphics are wonderful."

Dr Sarah Markham, Expert by Experience

"This is a great resource that anyone can use at any time." **Prof Julie Cerel, Past President American Assoc. Suicidology, Director of Doctoral Programs College of Social Work at the University of Kentucky**

"A creative and compassionate treasure trove of ideas for keeping calm and carrying on."

Moira Tombs, Freelance Consultant and Trainer

"I recommend everyone use this vital resource for maintaining their wellbeing during these unprecedented challenges we are facing." **Adam Clay, Office of the Chief Psychiatrist, SA Health, Australia**

"Many of us feel anxious, worried and overwhelmed at this time. This is an excellent, easy to use resource that will be very helpful for many people." **Prof Alan Simpson Professor of Mental Health Nursing, Health Service and Population Research, Institute of Psychiatry, Psychology and Neuroscience (IoPPN), King's College London**