
“Our GP sent our daughter a letter saying she was vulnerable...so she is now distraught that she cannot go shopping, which is her main joy in life, for 3 months. We are virtually prisoners because if we even hint at leaving the house she gets in a state because she can't go...So our patience is very thin at times.”



“As a single parent of a child with ASD & ADHD, the days are long and difficult...This situation is having a huge and negative impact on both our mental health. Throughout all of this chaos I am also working full time from home for the NHS, but feel that I am failing at a job I know I am usually brilliant at...I worry that my low mood will have a bigger impact on how my son feels about himself & the situation.”



“My son has social anxiety, depression and has recently been assessed for autism. The fact that he isn’t having to go to school means...his social anxiety is non-existent but in the same instance this is causing me concern because he will be starting college or an apprenticeship in September. That transition would have been difficult anyway but now will be even worse.”

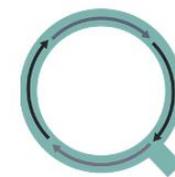
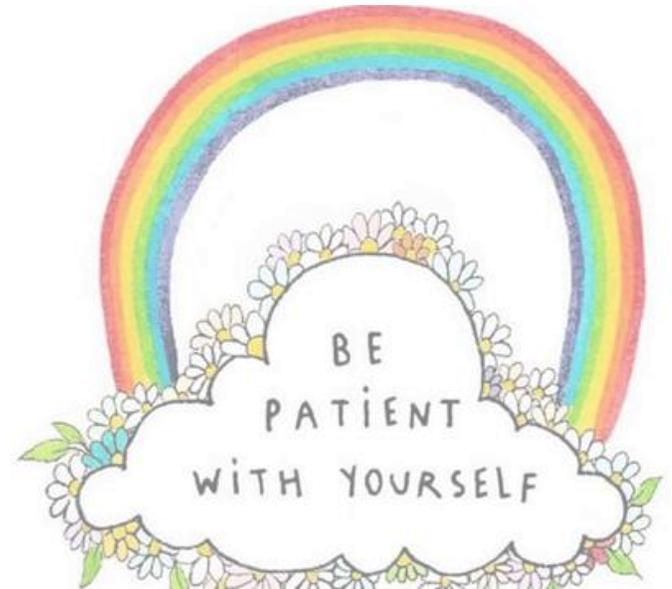


**IMPROVING MENTAL
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“My daughter’s weekly support of CPN/Social Worker has been reduced to a phone call to check if all is ok once per week. If she self harms where she needs an Assistant Practitioner/Nurse support or hospital treatment, I feel this will be harder to access due to the current restrictions in place. As we all know, it is difficult to access and get support under normal circumstances.”



“I suffer from ME and whilst my mental health is generally ok...being segregated with 3 children, one of whom has ASD, has been really difficult...I've found crisis handling him has amplified my own personal symptoms. You just do your best to try and make things better for them, one day at a time.”



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“I’m a part time keyworker in a shop, but I’m also my son’s carer. He is having major panic attacks on the days I have to go to work in case I die. But my work say if I’m not willing to work, no pay. Even though my son has a letter stating he needs to isolate for 12 weeks. So my mental health is shot - I’m not sleeping at all and my anxiety has returned as well.”

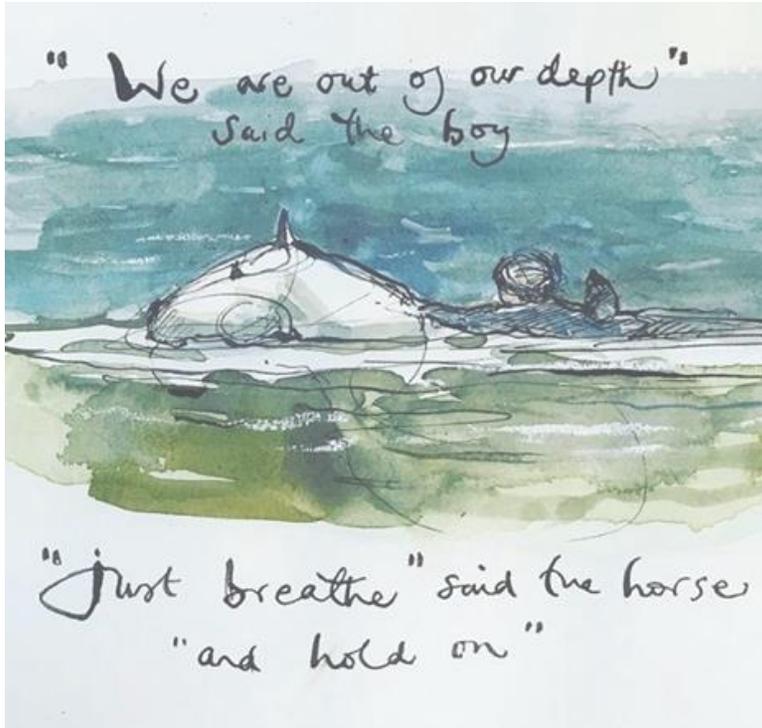


“My son is really struggling with the lockdown and the current COVID-19 situation. We have had lots of phone calls weekly from CAMHS Social Workers and school, but no one has sent any info, even after saying they would on the call. My son has become so overwhelmed he has run away and gone into crisis several times.”



“Where in the past as a family we can help improve wellbeing by providing clear timelines and structure, we can’t do that for the bigger questions my daughter has so are left feeling helpless. The impact on her has been huge and each day we are learning to support her through this. It is a challenge, but we will get there.”





“The schools closing meant the loss of structure for my daughter and...losing this was difficult, but trying to implement learning at home saw her health suffer further - she desperately wanted to continue to learn but found it overwhelming that her safe place (home) had also become school, even though this wasn't being forced.”



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“My close relative was recently discharged from the inpatient unit, this is because the wards are to be used for COVID-19 patients. Unfortunately my close relative is still not so well and as a carer this is increasing my anxiety levels. I am too scared to send them back to the ward, because of risk of infection.”



“I am so worried that as a carer, if I get infected with the COVID-19 virus, that I would infect the person that I care for.”

“I used to attend so many carer support groups, but ever since the lockdown, I have lost contact with carer befrienders and carers support group. I feel isolated and lonely.”

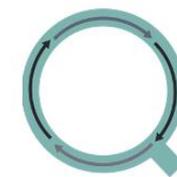


“A neighbour rang me up in a highly distressed state, as she had to lock her husband who has dementia in the bedroom to stop him from constantly hitting her.”

SOMETIMES WE JUST
NEED TO CRY IT OUT.



AND THAT'S OK



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“I am currently at university and caring for my mum, my brother has also moved back in with us because of the lockdown and space is tight. I am struggling to keep up with my uni work and afraid to go out for walks due to the fear of catching the virus.”



“I am a mother caring for three children with complex needs. As the primary caregiver I am worried about how best to take care of my children and keep them safe especially as my partner is a keyworker and at risk of catching the virus because he is out of the house everyday.”



“Six years ago I was admitted to hospital and sectioned. For my own protection my freedoms and liberties were stripped...Being restricted to the four walls of my small house evokes memories of my turbulent and distressing past. At times, I feel trapped, controlled and powerless. Yet, I feel more free than ever before. Whilst once again confined, I am now able to see the greater picture. My isolation is no longer enforced to help me, but rather by staying inside I can recognise that collectively we are helping others; a powerful feeling.”

Young Person

