

## Advice for people struggling with unusual and distressing experiences (psychosis)

You can find lots of advice on our NHS website, which is especially designed for people who have unusual and distressing experiences [www.likemind.nhs.uk](http://www.likemind.nhs.uk) There is also a forum on there where you can ask questions, or even share advice with other people like yourself.

### What is coronavirus?

Covid-19 or coronavirus is a type of very severe flu. You can catch it if you are close to another person and they have the virus. The main symptoms are a cough and temperature. It can cause severe breathing problems and death in some people. This is why people are being asked to stay at home and only go out for food, medicines or to exercise and only once a day. It is affecting people all over the world, and is a major problem. Something like this has not happened since the first world war in 1918! Everyone in the NHS is changing how they work and who they see, to try to cope with all the people who have the virus. This is a time of uncertainty and we don't know how long it will last.

### How might coronavirus affect me? what can I do?

You may find that your care co-ordinator or team aren't able to meet you in person. They may be in touch less often than normal. They may telephone you or arrange to speak to you through a video conversation on your computer, i-pad or phone.

**Remember, your NHS team will only set up a video conversation if you agree to it. They will use a video network that is NHS approved and is secure and safe. Try to agree to communicate with your team that feels easy and safe for you.**



You may feel worried, scared or overwhelmed. You may be worried about friends or family. It can look strange to see people standing 2 metres apart in a queue at your local shop! Lots of shops are closed and streets are quiet. People may be wearing masks over their mouths. People may even say you can't spend time outside, or you can't sit down when you go out.

**Try to slow down for a moment and take a step back. These are all normal responses to this unusual situation. Everyone is just trying to stay home and stay safe, but the risk will go down, this time will pass and things will get back to normal. Focus on what you can do now to help yourself.**

You may struggle with things more than normal. You may feel down or hear things that are upsetting or frightening, at home or on the news. Some people hear voices, especially in times of stress. You may find it hard to plan and remember day to day things all in one go.

**Focus on what you can do:**

- **Slow down, take a step back, think about the best way to handle things.**
  - Breathe slowly and notice how you're feeling
  - Slow down for a moment, how else could you look at things? Focus on the facts, and use trusted sources and websites to get these.
  - Remember you're not facing this alone, talk to someone on phone or by video call. Find out about local support.
  - Focus on what you can do, remember how you've handled difficult times in the past.
  - Let some things go, you can't do everything or control everything all the time
  
- **Start a list in the morning, or put reminders on your phone for shopping and things to do.**
  - Add to your list as you remember things in the day.
  - Go out when you've got a full shopping list.
  
- **Try to get a basic routine going:**
  - Get up and go to bed at the same time each day – try to get a good night's sleep
  - Remember to eat regularly
  - Go out for a walk every day if you can (but stay home if you're ill)
  - Listen to the radio, music, TV or enjoy the quiet. Don't listen to the news all the time.
  - Keep talking to a friend or family member -it's best to speak on the phone or on a video app -if you struggle to speak on the phone or by video app, you may be able to speak to a family member or friend through a window or from a distance across the street if they live close to you.
  - Try to do things that you might normally enjoy, that help you to relax or that distract you. Give yourself a treat, try something new, try something creative, find a safe space in your home.
  - **In an emergency, for physical health call 111, or for mental health call your care co-ordinator.**



**If you are very at risk or unsafe**, let someone know. If the team are very worried about you, they may come to see you. They may wear a mask and other protective clothing, to make sure they don't catch or pass coronavirus to you. This may seem strange, but this is also to protect you.

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You can also find out more facts and advice about coronavirus/covid19 from these trusted websites:

<https://www.sussexpartnership.nhs.uk/coronavirus-covid-19-what-you-need-know>

<https://www.sussexpartnership.nhs.uk/coronavirus-covid-19-and-your-mental-health>

<https://www.gov.uk/coronavirus>