Police Mutual

Supporting others during the Coronavirus Pandemic

You may have concerns about how others are coping with the current situation. Starting a conversation with someone around their mental health can feel daunting. You may be worried that you will say the wrong thing but remember saying nothing is far worse.

If you are concerned about someone then check in on them by phone or video call. It is important to stay connected.

Think about when is the best time to start the conversation. For instance if they have young children at home then it may be best to call them when you know the children will be in bed or if they are working from home then when they finish work.

Some useful questions to ask may be:

- How are you feeling?
- Sometimes asking twice helps so that the other person knows that you genuinely want to know.
- How long have you felt like this?
- Is there anything I can do to help?
- What support do you feel you need?

Listen non-judgementally, without interrupting. It's ok to have silences, in fact silences can be good, giving someone the time to gather their thoughts. If someone has clammed up, summarise back what you have heard, tell them that you're listening and you really want them to keep talking to you.

If you're worried that someone may be feeling suicidal then ask them, don't be afraid to talk to them about it. Call 999 if you think that there is an immediate risk or 111 if less urgent. You can also signpost the person to the Samaritans or their own GP.

Small acts of kindness

Don't forget little gestures can have a big impact. This may just be:

Ask someone if they need some shopping

Call a friend that you haven't spoken to for a while

Tell a family member how much you love and appreciate them

Arrange to have a cup of tea and virtual catch up with someone you know

Help with a household chore at home

Arrange to watch a film at the same time as a friend and video call

Tell someone you know that you are proud of them

Small acts of kindness

Tell someone you know why you are thankful for them

Send a motivational text to a friend who is struggling

Send an inspirational story

Send someone you know a joke to cheer them up

Send someone you know a picture of a cute animal

Send an inspirational quote to a friend

Send an interesting article to a friend

Contact someone you haven't seen in a while and arrange a phone catch up

Donate to charity

Lend your ear – call a colleague and ask how they're finding the change in routine

Give praise to your colleague for something they've done well

Make a cup of tea for someone you live with

Arrange to have a video lunch with a colleague

Send an inspirational story of kindness about what people around the world are doing for others to someone you know

Bake someone a cake and leave it on their doorstep

Donate to foodbanks

Offer to skill share with a friend via video call - you could teach guitar, dance etc.

Offer support to vulnerable neighbours

Offer to send someone a takeaway or a meal

Think about ways you can pull together as a community at this time. There are lots of opportunities for volunteering. Think about ways that you can give back and offer your help.

The added benefit of helping others is that it is good for your own mental health and wellbeing. It can help reduce stress and improve your emotional wellbeing.

In short, doing good, does you good.

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