

Stay Connected! Reading Friends Toolkit

Wellbeing and mental health

These resources are working documents and we would very much welcome your thoughts and input during this changing and challenging time.

[Shout Crisis Text Service](#)

Give out details of this free 24/7 textline support for those feeling in crisis. Please text SHOUT to 85258.

[Rethink Mental Illness](#) has information about looking after yourself. While it's important to stay informed, having a non-stop stream of notifications and speculation can be damaging to mental health. They've shared the advice below for anyone feeling overwhelmed:

- [Turn off news notifications on your phone](#)
- [Mute people sharing updates or misinformation](#)
- [Equip yourself with information from trusted sources](#)
- [Discuss your fears with someone you trust](#)
- [Distract yourself with the things you enjoy](#)
- [Eat well, sleep well](#)

[Mental Health Foundation](#)

[Mind](#)

[Samaritans](#) helpline **116 123**

[NHS list of mental health charities and helplines](#)

Stay connected on social media

Reading Friends Twitter: @ReadingFriends_
Keep up to date with The Reading Agency news @readingagency on [Instagram](#), [Facebook](#) and [Twitter](#).

Feedback

- Is there anything we could provide to help during this time?
- Are there any ideas you'd like to share?

Please email readingfriends@readingagency.org.uk if you have any ideas or suggestions.