

# CORONAVIRUS SUPPORT GUIDE



The College of  
Animal Welfare



This guide offers ways to help you through this strange times, to help you to feel supported and positive while we keep each other safe.



[www.caw.ac.uk/wellbeing/](http://www.caw.ac.uk/wellbeing/)

# RESOURCES FOR STAFF AND STUDENTS

As a College, the wellbeing of our students is at the forefront of everything we do. So, we want to make sure that in this time of uncertainty, our community still feel supported and know that we are available to offer them any guidance we can.

## Togetherall

All staff and students can now access online mental health and wellbeing support through Togetherall (previously called Big White Wall). This service can be used at any time of the day or night, all year round.

The service enables members to get things off their chest in a safe, anonymous global community. You can access a library of self-care resources. This includes tips and guided group courses covering a range of topics. Trained professionals are online 24/7 to keep all members safe and provide extra support.

Whether you're suffering from stress, problems with sleep, feeling low or unable to cope, or simply need someone to talk to, Togetherall can help you get support, take control and feel better.

Find out more about Togetherall and how to register [here](#).

## College counsellors

In addition to this, the College counsellors are still available via phone, email or video conference:

Jill Dighton

Mark Walsh

Tel: 07925 852 985

Tel: 07905 611 591

Email: [jill@jdighton.co.uk](mailto:jill@jdighton.co.uk)

Email: [mwalsh4@sky.com](mailto:mwalsh4@sky.com)

## Fika - Mental Fitness

All students and staff now have access to Fika. Fika is a remotely accessible mental fitness platform, empowering individuals with guided mental skills development courses with proven benefits on mental wellbeing and performance.

Built from a robust evidence-base by an expert team. Fika draws on methods and theories of positive psychology as well as acceptance and commitment therapy, solution-focused therapy, cognitive behavioural therapy and mindfulness to build Mental Fitness. Find out more at the Fika and how to register [here](#).

# TIPS TO LOOK AFTER YOURSELF



We are regularly urging our students, staff and wider community to make time for their mental health and wellbeing. We have been sharing a range of resources and information to highlight the pressures living during a pandemic may bring, and provide advice and guidance for coping during this time. Grab a cup of tea and a cosy spot and take a look at some of our articles below which may help you gather your thoughts and find out new positive steps to take during this time...

- [10 Simple Self Care Ideas to Boost Your Wellbeing During COVID-19](#)
- [How to nurture relationships during the pandemic](#)
- [It's not all Zoom and Gloom: How to Cope with Video Call Fatigue and Anxiety](#)
- [How to Manage Stress During Coronavirus](#)
- [Advice for students starting a course at college or university during COVID-19](#)
- [Standing Together During Difficult Times - Information and Guidance on Finances and Staying Safe at Home and Online](#)
- [Ways you can look after your mental health during lockdowns](#)
- [Physical health ideas and resources](#)
- [Staying motivated whilst working or studying from home](#)

[\*\*Click here to visit the Living Well area on the Virtual Learning Area \(VLE\)\*\*](#)



# PLAN YOUR TIME

Restrictions put in place during the pandemic have been a big ask, especially for those who have been asked to self isolate or keep within their tier restrictions.

We understand this is difficult for you and those who care for us. Who ever thought that staying at home, lounging on the sofa, watching a box set, baking, undertaking DIY projects, or doing yoga in your front room could make you a secret superhero in helping with the fight against the virus?

We know it doesn't feel nice, but right now, it is important for us to follow the government guidance.

When our normal routine changes or we are asked to change our plans it can be stressful. With this in mind, we thought it may be handy for you to have somewhere to plan your time to allow you to keep focused and motivated.

Whether it is arranging a virtual catch up with friends or family, an online shop, binge watching a TV box set, taking a winter walk with a hot drink, journaling your thoughts, listening to a Podcast, reading a that book you have been meaning to read, or learning something new - Whatever it may be, it may be useful to see it written down.

The following page offers you a space to pop a few ideas down, remember to use some of our suggestions from the blog posts, or other resources in this booklet.



# Things I would like to do this week...

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

# ADDITIONAL RESOURCES

Mental Health Foundation – [Looking after your mental health during the Coronavirus outbreak](#)

Mind – [Coronavirus and your wellbeing](#)

Mental Health England – [Supporting your mental health while working from home](#)

Samaritans – [If you're worried about your mental health during the coronavirus outbreak](#)

Vetlife– [Mental health support and financial assistance for the veterinary community including veterinary nurses and students](#)

Student Minds - [The UK's student mental health charity](#)

Staying Safe - [a potentially life-saving resource to keep people safe from thoughts of harm and suicide.](#)

Anxiety UK – [a charity providing support for those with an anxiety condition.](#)

Bipolar UK – [a charity helping people living with bipolar disorder.](#)

CALM – [Campaign Against Living Miserably, for men aged 15 – 35.](#)

Men's Health Forum – [24/7 stress support for men by text, chat and email.](#)

The Mental Health Foundation – [providing information and support for anyone with mental health problems or learning disabilities.](#)

No Panic – [voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder \(OCD\).](#)

OCD Action – [support for people with OCD. Includes information on treatment and online resources.](#)

Papyrus – [young suicide prevention society.](#)

Rethink Mental Illness – [support and advice for people living with mental illness.](#)

BEAT Eating disorders - [support and advice for those living with an eating disorder.](#)

Samaritans - [talk to someone in confidence 24 hours a day, 7 days a week.](#)

SHOUT [in a crisis. Get 24/7 help from a team of crisis volunteers by texting 85258.](#)

## STAYING SAFE

The College of Animal Welfare's free, [online eSafety course.](#)


[Keeping safe online](#) – Further information

[Virtual Learning Environment \(VLE\) E-Safety Training for Students](#)

If you are concerned about a colleague or student, please contact a Safeguarding Officer on **01480 422070** or email: [safeguarding@caw.ac.uk](mailto:safeguarding@caw.ac.uk) for advice. If you ever believe a person to be in imminent danger, you should call 999 immediately.

 The College of Animal Welfare

 01480 422060

 [admin@caw.ac.uk](mailto:admin@caw.ac.uk)

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