

### Maintaining wellbeing when isolating



The World Health Organisation (WHO) have released a mental health guide to support people that are self-isolating. Isolation can have negative impacts for most people, especially for those in recovery. Here are some ways the guide suggests to maintain your wellbeing;

- **Do keep a healthy diet & engage with nature**
- **Do maintain a sense of routine**
- **Don't just sit in front of a screen – vary your activities**
- **Do stay connected to people**
- **Limit your news intake**
- **Don't get drawn into a negative spiral**
- **Maintain physical and mental health through indoor exercise and meditation**

### Covid-19 (Coronavirus) service user message

Following advice from the Government and National Health Service (NHS) **The Alcohol Service** has taken the difficult but necessary decision to amend services for the foreseeable future. This will impact in the following way.

Most sites that we operate from are closing or already closed. The service has stopped nearly all of its face to face contact, advice/referrals will be over the phone on **0800 014 7440**

[Email: thealcoholservice.info@cgl.org.uk](mailto:thealcoholservice.info@cgl.org.uk)

[www.thealcohol servicelondon.org](http://www.thealcohol servicelondon.org)

[www.roadstowellbeing.com](http://www.roadstowellbeing.com)

**Twitter@Alcohol\_Service**

Your one to one key work sessions with your Alcohol Practitioner will continue, however these will be done by phone or skype and not face to face.

Should you experience Covid-19 symptoms you are advised not to attend hospital or primary care centres but to follow government guidelines.

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

Further updates will be made available when the situation changes. The Alcohol Service has made these decisions for the safety of you, the Alcohol Service team and the community.

# Recovery Podcasts

## **That Sober Guy**

<http://www.thatsoberguy.com/>

Shane is a recovering alcoholic who focuses on topics such as cultivating a positive outlook in life, healthy lifestyle and staying sober.

The Sober Guy is a platform for a community of individuals seeking the better side of life and staying sober as they try to recover from addiction.



## **The Bubble Hour**

<https://www.blogtalkradio.com/bubblehour>

With the Bubble Hour, it seeks to educate through conversations of fellow alcoholics about their struggle with alcohol addiction.

## **After Party Pod**

<https://www.learnoutloud.com/Catalog/Self-Development/Healing/After-Party-Pod-Podcast/84942>

This podcast, hosted by best-selling author Anna David, features artists, musicians, and comedians who talk about their fair share of addiction, sobriety, and recovery.

## **Since Right Now**

<http://sincerightnow.com/>

This podcast is a collaboration of three men on the path to recovery: Chris, Jeff, and Matt. Their topics range from marriage, holidays, depression, relapse and other challenges that most addicts face.

## **The SHAIR Project**

<https://theshairpodcast.com/>

The title says it all: Sharing Helps Addicts in Recovery (SHAIR).

## **Dear Sugar Radio**

<https://www.npr.org/podcasts/469249288/dear-sugar-radio>

Unlike other podcasts, Dear Sugar Radio is not exclusive for recovering addicts. It covers a wide variety of topics that are applicable in all facets of life

# CORONAVIRUS

## GENERAL HYGIENE HARM REDUCTION TIPS



The symptoms of coronavirus are:

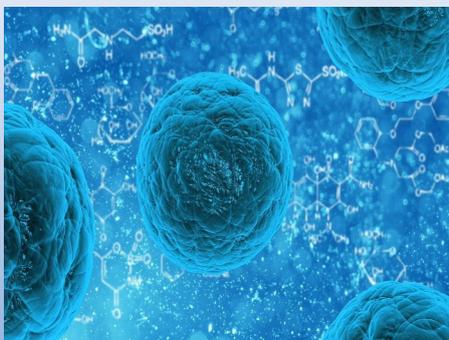
- A cough
- Fever (high temperature)
- Shortness of breath

But these symptoms do not necessarily mean you have the illness as the symptoms are similar to other viruses like the cold and flu.

The best ways to prevent spreading the virus are to:



- Cover your mouth and nose with a tissue or sneeze/cough into your elbow – bin any tissues straight away.
- Wash your hands with soap and water often – washing them for at least 20 seconds. When soap and water are not available – use alcohol-based hand sanitiser.
- Try to avoid close contact with people who are unwell and limit your own contact with other people if you suspect any of the symptoms.
- Avoid touching your face if your hands are not clean.
- Clean and disinfect any frequently touched objects and surfaces – including your phone!



## Getting support through mutual aid



## ALCOHOLICS ANONYMOUS (AA) ON-LINE MEETING TUESDAY 6.30PM

### A message from Sophie of AA;

We know this is a difficult time for many, please do not feel you have to cope alone. We are here to help.

The Alcoholics Anonymous meeting, that normally meets at CGL The Alcohol Service, Lupus Street, Pimlico, London at 6.30pm on Tuesday, is temporarily meeting via Zoom. Face-to-face meetings will resume when conditions relating to COVID-19 allow members to attend in person.

We warmly welcome you Tuesday. If you think you have a drinking problem we are here to help. There will be opportunity for you to share what is going on for you, ask questions and meet others.

You can download Zoom app on your smart phone or access via web on desktop / laptop / tablet etc, alternatively, you can dial in from a mobile or landline.

### **Pimlico Newcomers Meeting (online):**

Time: Every Tuesday: the line will be open from 6:00 PM - the meeting starts at 6:30 PM

### **Join Zoom Meeting (Smart phone)**

Download app: ZOOM Cloud Meetings. Enter meeting details when prompted:  
Meeting ID: 409 340 119

### **Join Zoom Meeting (to run via web):**

<https://zoom.us/j/409340119>

Meeting ID: 409 340 119

### **Phone number to call from mobile or landline:**

+442030512874 United Kingdom

Meeting ID: 409 340 119

## Getting support through mutual aid



## ALCOHOLICS ANONYMOUS (AA) ON-LINE MEETING TUESDAY 6.30PM

### Online meeting procedure for Tuesday:

- The online meeting will be open to join from 6pm for mingling/information chatting
- Attendees can choose to join by traditional phone call or via Zoom audio conferencing (app or link)
- If you join via Zoom you have the **choice** to enable video conferencing so that attendees can see you and you can see them if they have also enabled video conferencing. This can also be turned off
- When you join the meeting please mute your microphone (this helps with background noise)
- After the speaker has spoken, members will be invited to share back. The secretary will do their best to make sure everyone has a chance to share

Once you have finished sharing please ensure you mute yourself (there is a mute yourself button via zoom at the bottom left of the screen) or press \*6 if you have joined by traditional phone call or use the mute feature if your phone has one

*If you prefer email [help@aamail.org](mailto:help@aamail.org) for help with a drinking problem or visit [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk) and use the chat feature or call*

0800 9177 650

### Additional instructions for Zoom Video

A manual for zoom can be found here:

<http://wiki.devliegendebrigade.nl/Zoom>

### A link for some free AA speaker tapes

<http://www.aagrapevine.org/we-are-here-to-help>

# Getting support through mutual aid



## **SMART 0330 053 622**

They have scaled up the number of online SMART meetings in the last few days. We now have 12 meetings with a variety of day and evening timings, all facilitated by trained and vetted staff or volunteers

<https://smartrecovery.org.uk/online-meetings/>

## **Recovery Dharma Online**

Organizes daily meetings accessible via computer, smartphone, or dial-in. Together we meditate, study Buddhist teachings, and support each other on our paths to sobriety and peace

<https://recoverydharma.online/>

## **Dual Diagnosis Anonymous 07702 510 110**

Oregon they have opened a Facebook support group and they said that they are happy for us to share

<https://www.facebook.com/groups/1053021475070135/>

## **Alcoholics Anonymous 0800 9177 650**

For the list of online AA meeting please go to this link

<https://alcoholics-anonymous.eu/online-meetings/>



# Mindfulness Apps

Meditation helps anxiety by breaking negative thought patterns. As anyone with anxiety will attest, racing thoughts create a vicious cycle of worry and anxiety. Breaking the vicious cycle of obsessive, negative thinking is where meditation really shines. Here are some apps that you can download that may ease stress or anxiety



**Calm.** Open the app to hear the soothing sounds of a fire crackling, rain falling on leaves, birds ...

[www.calm.com](http://www.calm.com)



**Inscape.** Choose from one of three techniques—mindfulness, mantra, or focus—before learning

<https://inscape.life/pages/app>



**Headspace.** Andy Puddicombe started the app years ago, and his even-keeled British-accented

[www.headspace.com](http://www.headspace.com)



**Stop, Breathe & Think.** I love that as soon as I open the app, it dims the screen for 10 seconds

[www.stopbreathethink.com](http://www.stopbreathethink.com)



## Recovery Apps



SURE Recovery is an app for people who are:

- Using alcohol or other drugs
- In recovery, or
- Thinking about recovery

The app is free to use and has been designed to help people track their own recovery journeys and achieve their personal goals.

<https://www.kcl.ac.uk/ioppn/depts/addictions/research/measures/sureapp/index>



### Breaking free online

Use access code **Triborough11**

and set up your online recovery tool to help manage cravings and urges

<https://www.breakingfreeonline.com/>

**Sober Grid** allows you to create online profiles and interact, support, and engage with other people in recovery using a platform similar to Facebook. You can also use the app to create anonymous check-ins about whether you're sober or not, your mood, and what's going on. These daily connections with others in the recovery community can help you remain clean and sober.

<https://www.sobergrid.com/>

### 12 Steps AA Companion

12 Steps AA Companion is the official app for Alcoholics Anonymous (AA). It includes a digital copy of *The Big Book*, which is used in AA meetings across the world and is one of the best-selling books of all time. Accessing the *The Big Book* on the app allows you to highlight text, adjust font size, and quickly search by topic. This app's icon was designed to protect the user's anonymity and does not reference AA. The app also includes morning and evening prayers, the ability to take and share notes during AA meetings, and access to the contact information of local and national recovery support resources. Get it on [iTunes](#) and [Android](#).

# Recovery Apps

**Sober Grid;** <https://www.sobergrid.com/>

Sober Grid is a social media app that allows you to connect with other sober individuals. You can chat, send private messages, post photographs and videos, and share your interests. The app also includes a sobriety calculator to track the number of sober days you have achieved. It can help you find a safe ride to a local meeting and alert other members when you need someone to talk to immediately. Users can remain completely anonymous if they wish. Sober Grid is available for [Android](#).

**Recovery Box;** <https://www.recoveryshoebox.org/>

This app includes a variety of features that creators describe as a recovery and accountability toolset. The app helps users break habits by allowing them to track their daily activities on a calendar using red, yellow and green colour coding. Green lights refer to positive activities that promote recovery, while red lights reflect negative behaviour and yellow lights are used as warnings. By colour coding their activities, users can learn how to identify behaviours that will inhibit progress. This app allows them to set goals related to earning a certain number of green lights, and they can share these successes with friends, family members and healthcare providers. It's available on [iPhone](#).

**One Day at a Time;** <http://www.calidadsystems.com/odaat.html>

One Day at a Time is an app for members of Alcoholics Anonymous, Narcotics Anonymous, Cocaine Anonymous, Al-Anon, Overeaters Anonymous and Adult Children of Alcoholics. Similar to the 12 Steps AA Companion, this app includes a full-text digital copy of *The Big Book* and it allows users to highlight and take notes as they read. It also includes daily meditations from a variety of sources and a contacts organizer, which enables users to track new friends they meet at group meetings. It's available at [iTunes](#) and on [Android](#).

**Stop Drinking With Andrew Johnson;** <https://apps.apple.com/gb/app/stop-drinking-andrew-johnson/id365566955>

Stop Drinking with Andrew Johnson, created by Michael Schneider, is an app designed to help listeners relax and cope with the emotional and physical cravings of alcohol. This app was made to motivate users to change their thinking about alcohol by engaging with a virtual health coach named Andrew Johnson. The app uses principals of relaxation, hypnotherapy, positive suggestions and guided visualizations to help users break unwanted habits. Find it on [iTunes](#) or install it on [Android](#).

# Helpful Websites/Contacts

## Men's Health Forum

24/7 stress support for men by text, chat and email.

Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

## Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

## Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393  
(Monday to Friday, 9am to 6pm)

Website: [www.mind.org.uk](http://www.mind.org.uk)



## No Panic

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

## OCD Action

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

## OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: [www.ocduk.org](http://www.ocduk.org)

# Helpful Websites/Contacts

## Rethink Mental Illness

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: [www.rethink.org](http://www.rethink.org)

## SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

Peer support forum:

[www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

Website: [www.sane.org.uk/support](http://www.sane.org.uk/support)

## Refuge

Advice on dealing with domestic violence.

Phone: 0808 2000 247 (24-hour helpline)

Website: [www.refuge.org.uk](http://www.refuge.org.uk)



## National Gambling Helpline

Phone: 0808 8020 133 (daily, 8am to midnight)

Website: [www.begambleaware.org](http://www.begambleaware.org)

## Narcotics Anonymous

Phone: 0300 999 1212 (daily, 10am to midnight)

Website: [www.ukna.org](http://www.ukna.org)

## Family Lives

Advice on all aspects of parenting, including dealing with bullying.

Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: [www.familylives.org.uk](http://www.familylives.org.uk)

## Links to some useful NHS advice

### Help with stress, anxiety or depression

[Stress](#)

[Anxiety, fear and panic](#)

[Low mood, sadness and depression](#)

### Your mental wellbeing

[5 steps to mental wellbeing](#)

[Mindfulness](#)

[Mental wellbeing audio guides](#)

### Improve low mood

[How to be happier](#)

[Raising low self-esteem](#)

The word "HELP" is rendered in a bold, three-dimensional, red font. The letters are blocky and have a slight shadow, giving them a 3D appearance. The word is centered within a white rectangular area.

### Reduce stress

[10 stress busters](#)

[Breathing exercise for stress](#)

[Easy time-management tips](#)

[How to cope with money worries](#)

### Depression support

[Tips for coping with depression](#)

[How to help someone with depression](#)

[Exercise for depression](#)

### Helplines and support groups

[Depression support groups](#)

[Mental health issues if you're gay, lesbian, bisexual or trans](#)

[Loneliness in older people](#)

## Mental Health Support Lines

You can call this number to get help or advice in a crisis from our trained mental health advisors and clinicians, 24 hours a day, 7 days a week, 365 days a year.

Crisis response teams will also provide out of hours care and respond rapidly to your needs and provide the right care for you in an emergency.

GPs and other professionals can also call this number to make referrals and seek advice; **0300 1234 244**

**The Samaritans** are a charity organisation who are there to listen to you whatever you are facing the phone lines are open 24 hours a day 365 days a year.

Call: **116 123** <https://www.samaritans.org/>

