

A guide to managing your

**Mental
Health**



as Lockdown eases

By Dr Pardeep Grewal BSc., MBBS, MSc., FRCPsych
Freephone 0808 278 2223 www.gladstonesclinic.com/
London www.gladstonesclinic.com/london-rehab-clinic/
Cotswolds www.gladstonesclinic.com/cotswolds-rehab-clinic/

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Are you someone who;

- Has experienced mental health or psychological problems for the first time during lockdown
- Has faced emerging addiction and mental health issues which have become a bigger problem during self-isolation and lockdown
- Has long-term, existing problems

Life after lockdown should not be one that ignores your mental health or addiction problems. Most mental health services have seen a reduction in routine work and are preparing for a rebound as restrictions begin to ease. The Royal College of Psychiatrists state there has been a significant increase in people needing urgent emergency mental health care. Many of these are for addiction to alcohol and drugs. In my own clinical practice I have seen few supply issues for alcohol and street drugs during the pandemic. If anything the opposite is true, with use and availability increasing.

Fear, Anxiety & Stress

Health experts have warned of the long-term impact of lockdown on people's mental health. There is general stress linked to the fear of contracting COVID-19, being cut off from family and friends and disruption to normal NHS services. What we are seeing is a state of chronic 'lockdown anxiety'.

What's the advice for me?

As lockdown measures ease, its useful to consider which group best represents what you are experiencing, whether you have [mental health issues](#); stress, anxiety, depression or addiction problems; which includes [eating](#), [gambling](#), [drugs](#) and [alcohol](#).

Are you;

- 1. Experiencing psychological problems for the first time in your life?** If you are in this group, or are persistently worrying about the situation then the WHO's guide (World Health Organization) on coping under stress is a good place to start, links below. This brings together a range of psychological techniques in a short, easy-to-read text along with audio exercises. If your problems are serious you should contact us or seek expert advice.
- 2. Experiencing emerging addiction and mental health issues that have become a bigger problem during self-isolation and lockdown.** If you are in this group we strongly recommend to contact Gladstones for a general discussion about the most suitable treatment for you.
- 3. Someone with long-term, existing problems.** Many people have been delaying their treatment until we come out of lockdown, so now is a good time to arrange treatment. Being in Rehab means you will be adhering to social distancing guidelines and be in a safe environment.

It's so important you do not fear accessing treatment if this is needed. Gladstones have adapted to ensure people can get the best possible treatment while adhering to Government guidance on social distancing and infection control. Please contact us on **0808 278 2223 or visit [the website](#) to find out more.**

Podcasts, Exercises, Guides, Video

During Mental Health Awareness Week 2020

How Kindness can boost your mental health, from the Mental Health Foundation
<https://youtu.be/Qcyc68d6OAK>

Doing What Matters in times of Stress...podcasts on next page

The WHO's (World Health Organization) guide equips people with practical skills to help cope with stress. A few minutes each day are enough to practice the self-help techniques and can be used alone or with the podcasts.



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Guide

[Download the guide to WHO's Doing What Matters in times of Stress](#)

Podcasts

- [Building Awareness](#)
- [Grounding Exercise 1](#)
- [Grounding Exercise 2](#)
- [Grounding Exercise 3](#)
- [Notice & Name](#)
- [Unhooking from Unkind Thoughts](#)
- [Making Room](#)
- [Being Kind to Yourself](#)

Link to WHO website <https://www.who.int/publications-detail/9789240003927>.

Dr Pardeep Grewal *BSc., MBBS, MSc., FRCPsych.* Consultant Psychiatrist and Clinical Lead for a London hospital. He is also honorary clinical lecturer at UCL and directs clinical provision for Gladstones.

¹Royal College of Psychiatrists report 15 May 2020 <https://www.rcpsych.ac.uk/news-and-features/latest-news/detail/2020/05/15/psychiatrists-see-alarming-rise-in-patients-needing-urgent-and-emergency-care>

²Mitigating and learning from the impact of COVID 19 infection on addictive disorders. Addiction (SSA) <https://onlinelibrary.wiley.com/doi/epdf/10.1111/add.15080>

