



Resources to Support Londoners' Wellbeing and Mental Health

This briefing gives members an overview of the emerging picture of the impact of the pandemic on mental health and mental health inequalities in London and signposts a number of useful tools and resources available to support Londoners' mental health and wellbeing.

Background

The mental health implications of the Covid-19 pandemic are being increasingly explored and understood, and there is consistent evidence that rates of depression and mental distress rose during the first wave of the pandemic. ONS data indicates a doubling of the number of adults experiencing some form of depression from 9.7 per cent before the pandemic to 19.2 per cent in June 2020.

Furthermore, these increases did not occur equally across the population, and the pandemic seems to have widened mental health inequalities, with the largest deterioration in mental health during the pandemic being experienced by those who entered the crisis with pre-existing mental health issues. Other groups whose mental health has been significantly impacted include frontline staff, Black, Asian and minority ethnic communities, deaf and disabled Londoners, families with children and single parents, LGBTQ+ Londoners, older Londoners, women and young Londoners.

The public mental health response to Covid-19

Health and care partners in London have considered these factors throughout the pandemic and they have informed the public mental health response to the pandemic. Thrive LDN is coordinating this response on behalf of Public Health England (PHE) London, London boroughs, London Councils, the Greater London Authority and the NHS in London. Some achievements of the programme include the distribution of 96,000 physical mental health resources to vulnerable Londoners, particularly targeting non-digitally active Londoners, the development of mental health information and guidance available in 30 languages, a mental health poster campaign across the entire TfL network, and the expansion of Good Thinking resources to develop a comprehensive digital mental health and wellbeing offer for Londoners.

Tools and resources to support Londoners' wellbeing and mental health

There are a number of resources available to support Londoners' mental health and wellbeing during this challenging time. As well as London's digital wellbeing service, Good Thinking, which provides free, 24/7, digital support to Londoners seeking mental health advice and help.

The following resources have been collated to identify support for specific needs and communities, all of these resources have been developed together with public health and clinical colleagues, but importantly, also with the contributions from community organisations and individuals, who share lessons from their lived experience. The range of resources include videos, webinars, and other information to help people deal with a range of issues that might impact their wellbeing, including sudden bereavement and debt:

- **Emotional Resilience training video.** We know that resilient individuals, families, and communities are more able to deal with difficulties and adversities than those with less resilience. Developed with clinical colleagues, the 20-minute training video launched on 1 February. It is delivered by Dr Radha Modgil, NHS GP, broadcaster and campaigner for wellbeing, alongside ideas and inspiration from Londoners on what they are doing to strengthen their own resilience.
- **Support after sudden bereavement.** Bereavement has been made harder during the pandemic, with people unable to say goodbye to their loved ones, restrictions on funeral arrangements, and many people isolated from their usual sources of support. Thrive LDN's resource provides important information about how existing services have changed the way they are supporting people. It includes information for groups who may need specialist support, such as bereavement by suicide, supporting children, or services for LGBTQ+ Londoners.
- **Debt Free London.** A growing number of Londoners face problem debt and financial insecurity due to the economic impact of the coronavirus pandemic. With support from Thrive LDN and the Mayor of London, the free debt advice service is operating 24 hours a day throughout January and February. The free helpline number for Londoners to call is **0800 808 5700**.
- **NHS Coping Well During Covid Webinars.** This series of NHS-led webinars, developed with Cognitive Behavioural Therapist, Emily Gardner, aim to support people who are feeling anxious about coronavirus. Topics include managing wellbeing, anxiety, low mood and sleeping difficulties, working from home, as well as specific co-produced sessions on financial anxiety, wellbeing for BAME communities, and mindfulness.
- **Support for young Londoners.** Good Thinking is now available to children and young people aged 13 -18, as part of London's health and care vision on the theme of improving the emotional wellbeing of children and young Londoners. The new expanded digital platform will provide young people with access to free, anonymous mental health and wellbeing support.
- **Advice for parents and carers.** In partnership with Mind TV, Thrive LDN has produced a series of short videos to support young people, education staff, and parents to navigate the challenges and experiences that may arise due to the pandemic.
- **Wellbeing guidance for migrant communities.** Thrive LDN has partnered with Doctors of the World to produce wellbeing guidance to support migrant communities during the pandemic in 27 languages. People from these communities can find it especially difficult to find relevant help and information, often without access to support networks, and with limited English. Thrive LDN is expanding the range of languages available.

There are a number of resources available to support Londoners' mental health and wellbeing during this challenging time

- **Thrive Together: lessons from the most challenging year of Londoners' lives.** Thrive LDN has undertaken a period of community engagement to capture the experiences of Londoners during the pandemic. Here, we begin to share and explore the emerging themes from the responses, engagement and submissions to our community insights. Specifically highlighting the themes around racism, discrimination, the digital divide, and community and social networks.

Please share this information with any local groups, charities or organisations who might also find it useful. [And more information about the work of Thrive LDN is available on their website here.](#)

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Links:

This member briefing has been circulated to:

Portfolio holders and those members who requested policy briefings in the following categories: All members