

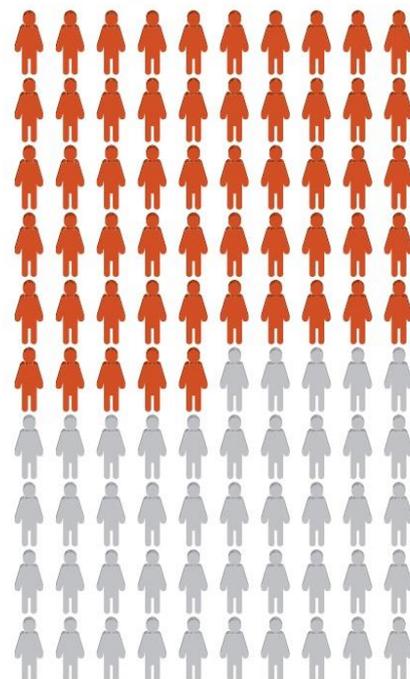
Looking after your mental health and wellbeing

The Covid-19 outbreak has brought many challenges to the self-catering industry – cancelled bookings, furloughing of staff, redundancies and the prospect of debt. As the owner of a self-catering business you may be feeling anxious, stressed or feeling unable to cope with the changing situation and that’s completely normal.

The Association of Scotland’s Self-Caterers recently carried out a survey that found 55% of members were experiencing poor mental health as a result of the Covid-19 pandemic. With the economic impact on bookings and income, self-caterers may also be faced with increasing debt and the emotional cost of letting staff go. You may be concerned for those that you care about and what the future may hold. All of these factors can affect mental health and wellbeing and this is very common, so it’s important to seek help and support if you feel that you or someone you know is struggling.

Taking care of our own wellbeing is different for everybody, but even talking about how you are feeling can help. We all have mental health and it’s natural to feel overwhelmed by the current situation that Covid-19 has created. However, advice and support is available. This leaflet aims to give you the information you need to reach out for help when and if you need it.

Have you, or anyone in your business, suffered from mental health issues impacted by recent announcements?



55% said yes

“Uncertainty is not good for businesses and changing rules make it hard to plan” – Anonymous, ASSC Sectoral Survey on Social Gathering Impact of Single Household Restrictions

For help and support

A mental health emergency should be taken as seriously as a physical one. You will not be wasting anyone's time. **Call 999 or go to A&E now** if you do not feel you can keep yourself or someone else safe.

Helplines

Samaritans (116 123) is a 24-hour anonymous service available every day of the year. If you prefer not to speak on the phone, you can email Samaritans at jo@samaritans.org.

Breathing Space (0800 83 85 87) is a [website](#) and phone service for anyone experiencing low mood, depression or anxiety.

Weekdays: Monday-Thursday 6pm to 2am,
Weekend: Friday 6pm-Monday 6am



NHS 24 by dialling 111 if you feel you need to speak with a medical professional and your GP is unavailable

Find information, support and advice on managing your mental health:

[Visit the Rural Wellbeing signposting page.](#)

Support in Mind Scotland

Info line: 0300 323 1545

Email: info@supportinmindscotland.org.uk

Monday to Friday, 9am to 3:30pm

[View suggestions for managing your mental health during the coronavirus outbreak.](#)



Financial Support and Advice -

[Visit the Mental Health Money and Advice website.](#)

Worried about someone you know?

Starting a conversation about mental health can seem daunting at first, but it may just be the opportunity that someone has been looking for. A simple 'How are you feeling?' or 'I've noticed you have been a bit quiet lately, is everything ok?' could provide the space for someone to open up. [Click here for more information on conversation starters.](#)

The ['Ask. Tell. Save a Life' video](#) can help you understand the signs that people may be thinking about suicide and how and when to provide immediate help and support.

Taking care of your mental wellbeing

- Connect with people – if you can't do it on person then online, phone or text. A chat with friends or family can keep you in touch with those that you care about and give you an opportunity to chat through what's on your mind.
- Limit your news intake – it's good to stay connected with what's happening but if you find yourself overwhelmed with negative updates then limit your news intake to once or twice a day.
- Take time to relax – it's easy to feel that you should be busy all the time but taking time out is equally important. Schedule in time for something that makes you feel calm or relaxed.
- Be kind to yourself – these are unprecedented times and things can feel like they are getting too much sometimes. [Click here for more information on tips for looking after your mental health and wellbeing.](#)



This document has been produced by [Scottish Land & Estates](#), [Association of Scotland's Self-Caterers](#), and [Support in Mind Scotland](#). Contact details for each can be found on their respective websites.