August 2020

Thank you for contacting me about mental health during this difficult time.

I know that my colleagues across Parliament understand the importance of considering the impact of the news, and of isolation, on mental health.

There have been a number of measures in place to support people through this difficult time. NHS Volunteer Responders have been providing care and help to vulnerable people. ‘Check-In and Chat’ Volunteers have also been providing short-term telephone support to individuals who are at risk of loneliness as a consequence of self-isolation.

Additionally, Community Response Volunteers have been collecting shopping,

medication and other essential supplies for people who have been self-isolating and delivering these supplies to their homes.

Beyond that, I know that a number of charities and media outlets have been offering guidance on how best to manage mental health during this time: for example, you can find guidance from the BBC here:

<https://www.bbc.co.uk/news/health-51873799>

There is also guidance from the Mental Health Foundation here:

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

It is very important during this time that people do all they can to remotely support one another, and I know that special provision has been given to DCMS to provide funds for charities, which will play an incredibly important part in many aspects of this national effort.

Looking after mental health is extremely important, and I will be happy to share guidance on this issue with my other constituents and community groups, and to raise the issue where appropriate with my colleagues in Parliament.

Thank you again for taking the time to contact me.

Yours faithfully,

**CHRIS HEATON-HARRIS MP**

**MEMBER OF PARLIAMENT FOR DAVENTRY**