

Update from our friends at Feeling Strong



In response to the COVID-19 pandemic we are radically pivoting the work we do, providing community relief through 'Food & Care Packages', as well as moving our peer support service to a 'Video/Text Chat' model. We've also put together a one stop-shop site for COVID guidance, information, activities and local updates. We think we could make a really big difference in the community, so please share the below to support some of the most vulnerable people in Dundee.

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Feeling Strong are delivering 'Food & Care Packages' to those who are self-isolating as a result of COVID-19. These packages will provide vital products such as food, drinks and sanitary products that people who are self-isolating may not be able to get themselves, and the allocation of the packages will be conducted on a needs assessed basis. As an exception to Feeling Strong's normal services, the food packages are available to all ages. At a time like this we need to come together as a community and help those in need!

If you are in need of any of these items please fill out this form: <http://foodpackage.feelingstrong.co.uk/>

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Feeling Strong's Text Chat or Video Chat Service is a chance for young people (8-26) who live, work or study in Dundee to:

- Receive Peer Support from members of our team
- Talk about the difficulties of isolation, and ask for a food/care package to be delivered to you
- Talk about your mental health, recovery and self-care
- Learn about our services and what other mental health activities are going on in Dundee
- Meet other people who have lived experience of mental health and wellbeing challenges

We're open Tuesdays, Thursdays and Fridays from 1500-1800. Once you book an appointment we will send you a link to you with the details of how to join the video chat, which you can do here: book.feelingstrong.co.uk

Please Note: Young people aged 12 or under need to be accompanied by an adult. Feeling Strong is not an advice service, counselling, listening or therapy – we offer peer support.

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We've just launched a new website providing COVID-19 support! Check it out to access [□](#)

[□ Our latest services](#)

[□ Latest NHS & local news](#)

[□ Links & advice to help maintain mental health](#)

[□ Suggestions of isolation activities](#)

covid.feelingstrong.co.uk