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## ITV1 Meridian South East — ITV News Meridian

Wednesday, April 15, 2020

### Title

ITV News Meridian

### Category

News

### Release Year

0

### Genres

newscast

### Description

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hello, and welcome to wednesday's itv news meridian. tonight's headlines: life in lockdown. the warning from charities to look after our mental health and those around us during the pandemic. spat and yelled at - the frontline workers being attacked just for doing their jobs. do not spit at me! you're under arrest for assaulting an emergency worker. going down the drain. the things you shouldn't be flushing during isolation, as water companies see a rise in clogged pipes. and, are you brave enough to try a home haircut? the dos and don'ts of self-styling during quarantine. good evening. the lockdown is widely expected to be extended tomorrow. no-one knows for how long, but gps tonight say concerns are growing for people's mental health.



whether it's anxiety, depression, money worries or being unable to see loved ones, charities say the longer we live in isolation, the harder it will become. andrew pate reports. peter maguire has to self-isolate. a recent heart attack means he's at high risk if he were to get the coronavirus. and several weeks living in this tower block in gosport has its own challenges. sheeting covered the building for over a year. and although that has finally gone, unable to go outside - and with scaffolding obstructing most views - peter is worried about the mental well-being of other residents. depression could easily set in. without a doubt. i dread to think of some poor people who are housebound, alone, how do they survive? how do they get on?



the help hub has been set up by a therapist from oxfordshire with the support of blenheim palace. help hub is offering therapy sessions online. free of charge people