

## Mental health support signposting sheet

This document has been created to help signpost yourself and others that you will be supporting different support mechanisms and services both in relation to the Covid19 pandemic and in particular in relation to supporting mental health and mental wellbeing during this time.

**NHS Choices:** Are you aware that you can ask your GP for a referral to all NHS treatment. This means you can make the NHS choice of service and location that is best suited to you. You can view the choices available through the [NHS Choices Network](#). If a GP refers you to a service for physical or mental health condition in most cases you can select the hospital or service you want to access for support and treatment. This can include private hospitals if they provide services for the NHS and this does not cost any more than a referral would cost to a NHS Hospital. For further information on NHS choice [this](#) website will give further guidance

**Here are some useful links to enable you to have a starting point in signposting individuals that may require support with their mental health.**

<b>Free counselling and Psychotherapy</b>	<a href="https://freepsychotherapynetwork.com/">https://freepsychotherapynetwork.com/</a> network of Counsellors and Psychotherapists that offer sessions free of charge to those on low incomes. They also offer sessions at a significantly reduced rate for those not on low incomes, who are struggling to get the support through the NHS due to the long waiting lists.
<b>Coronavirus</b>	<p><a href="#">Government advice for shielding and protecting people with defined on medical grounds as extremely vulnerable to covid-19</a></p> <p><b>Covid19 support for businesses:</b> provides information about the Government support packages available in relation to supporting business through the Pandemic</p> <p><b>Mental Health and Psychosocial Considerations During COVID-19 Outbreak:</b> the World Health Organisation (WHO) has issued advice around the psychosocial considerations to offer support around mental and psychosocial wellbeing during this outbreak</p> <p><b>The Mental Health Foundation</b> has information on how to look after your mental health during the Covid-19 outbreak</p> <p><b>ACAS advice on Coronavirus:</b> advice for employers and employees which is being updated daily in relation to Coronavirus and its effects on employment and your rights in line with changes from Government</p> <p><b>Penny Appeal:</b> a free phone services for support for anyone over the age of 18 feeling worried about Covid-19 and the impact it is having on lives. Listening Line Contact 0300 303 1360 (7 days a week 12-8pm)</p> <p><b>COVID-19: Guidance for Employees, Employers and Businesses</b> - this is a Government website that provides up to date information and guidance for both employees and employers in order to keep them informed about what support is available during this outbreak.</p> <p><a href="#">Free school meal vouchers</a></p> <p>Children eligible for free school meals will benefit from a national voucher scheme allowing them to continue to access meals whilst they stay at home. Schools can now provide every eligible child with a weekly shopping voucher worth £15 to spend at supermarkets while schools are closed due to coronavirus.</p>

## Mental health support signposting sheet

	<p><a href="#">CIPD</a>: a professional body supporting HR and people development, they have created guides to support employers to understand how to support their business and their workforce during this time.</p> <p><a href="#">MIND</a> have created to support Coronavirus and wellbeing it contains Information on how to cope with the impact of COVID-19</p> <p><a href="#">Men's Health</a> is a site providing men and boys (particularly those in disadvantaged areas) to have the information support services and treatments they need to live longer. They have now included support on covid-19. They can be contacted via chat on the website, via telephone: 020 7922 7908 or via email directly from the website</p> <p><a href="#">Acas</a>: gives employees and employers free, impartial advice on workplace rights, rules and best practice</p> <p><a href="#">Workers</a> that are laid off temporarily due to Covid-19 advice</p> <p><a href="#">Hospitality action</a>: support for all hospitality industries including covid-19 physical health support and mental health support</p> <p><a href="#">Springboard</a>: this consists of two organizations working in collaboration to assist the hospitality sector and supporting unemployed get into work</p> <p><a href="#">The care workers charity</a>: this is a charity that can support with one off crisis grants for current and former care workers They offer two grants essential needs grants and crisis grants</p> <p><a href="#">Coronavirus residential care, supported living and home guidance</a>. This gives information for these care settings to support with the covid19 outbreak</p> <p><a href="#">Skills for care</a>: this is a dedicated webpage on Covid-19 with guidance for residential care, supported living and homecare</p> <p><a href="#">The royal college of obstetricians &amp; Gynaecologist</a> on Pregnancy and Covid-19: This gives detailed information Covid-19 and pregnancy with questions answered on this subject and added guidance for healthcare professionals. Updated advice <a href="#">here</a></p> <p><a href="#">Mental health support for pub staff</a>: This news article includes other links to support the mental health of pub staff.</p> <p><a href="#">The Drinks Trust</a>. Support for drinks industry which include support around Covid-19 with a dedicated helpline. Contact 0800 915 4610</p> <p><a href="#">Mind: coronavirus and your wellbeing</a></p> <p><a href="#">Cruse</a>: bereavement care for those dealing with bereavement and grief</p> <p><a href="#">Guidance for the public on mental health and wellbeing aspects of coronavirus from the Government</a></p>
<p><b>Home working and mental health</b></p>	<p><a href="#">Mental health at work</a> contains links to multiple other sources for support, guidance, information on how to promote and protect your mental health and wellbeing whilst working from home, lone working and changing work patterns as a result of the Pandemic</p>
<p><b>General support for all areas of mental ill health or distress:</b></p>	<p>If the person is in crisis and there is an immediate concern for their health and/or safety, then call 999 or get them directly to A&amp;E. This would include they were:</p> <ul style="list-style-type: none"> <li>● experiencing serious suicidal thoughts or feelings</li> <li>● thinking about seriously harming themselves or others</li> </ul>

## Mental health support signposting sheet

	<ul style="list-style-type: none"> <li>● experiencing symptoms of an underlying medical condition</li> <li>● they have already hurt themselves</li> </ul> <p>Finding out from the person who is in crisis information on their close friends or family in order to contact them to ensure that they can offer the individual comfort and support as they know the person well is one of the best places to signpost them to</p> <p>Signpost to their GP who is the gateway to other support services</p> <p>NHS 111 or <a href="http://www.111.nhs.uk">www.111.nhs.uk</a> can be used if someone requires urgent care but is non-life threatening (this may not be the best course of action at present with Coronavirus). 101 is the police non urgent helpline and can be used if something is urgent but not as urgent as 999, they will respond to a mental health crisis or ensure that someone from the ambulance service responds.</p> <p><a href="#">The Samaritans</a>: (call 116 123) are a free confidential call service 24hrs a day, 365 days a year. They are available to talk to in confidence and to help people to explore their options, help them to understand their problems or just provide a listening service. They can also be emailed at <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p> <p><a href="#">NHS choices</a>: is an online support service that provides wealth of information on different conditions and treatment options and support services</p> <p><a href="#">The Burnt chef</a> Burnt Chef Project was set up with the sole intention of eradicating mental health stigma within hospitality. Hospitality staff should be able to discuss the state of their mental health and gain support from their peers and employers. It's important that although mental health can't be seen it is regularly discussed and policies reviewed. This should be the new definition of 'badge of honour'. They provide access to free resources, support groups and blogs</p> <p><a href="#">Hub of Hope</a> With more than 1,800 local, regional, grassroots and national services currently listed, and that number growing each day, the Hub of Hope is the UK's go-to mental health support signposting tool. It includes a 'get help now' function which allows you to talk directly to the Samaritans or access text message support via Crisis Text Line. You can access the Hub of Hope free online or download for free from the app store or play store.</p> <p>NHS self-referral for <a href="#">counselling</a> and <a href="#">psychology</a>. If you live in England and are aged 18 or over, you can access NHS psychological therapies (IAPT) services. A GP can refer you, or you can refer yourself directly without a referral. IAPT (Improving Access to Psychological therapies) services offer:</p> <ul style="list-style-type: none"> <li>● Talking therapies such as CBT, counselling, other therapies and guided self-help.</li> <li>● Help for common mental health problems such as Anxiety and Depression.</li> </ul> <p><a href="#">Minded covid</a> working with NHS England NHS England Improvement and Skills for Care have created multiple tips and best advice from a large range of experts. The guidance is aimed at health and care staff but most of it is relevant to any sector. They cover topics such as: helping each other, tips for managers and team leaders, stress and fear, trauma and distress and end of life and bereavement</p> <p><a href="#">MindE</a> resource on children and young people's mental health for all adults</p> <p><a href="#">10 stress busters</a> this resource from the NHS gives tips and ideas for dealing with stress</p>
<p><b>Signposting for those working in health and social care</b></p>	<p><a href="#">JustB</a> free confidential support for those working in health and social care Call 0300 303 4434 from 8am to 8pm, 7 days a week, for trauma and bereavement support from Just B</p> <ul style="list-style-type: none"> <li>● Text FRONTLINE to 85258</li> </ul>

## Mental health support signposting sheet

### Support for drug, alcohol and gambling addiction problems

**We are with you:** a free confidential support and advice service around alcohol, drugs or mental health. They offer both local and online services

**Alcoholics Anonymous** (tel:08009177650) offer support for individuals with drinking problems or who are concerned that they are drinking too much, they offer local support groups, a confidential chat service or they can be emailed on [help@aamail.org](mailto:help@aamail.org)

**Drinkaware:** an independent alcohol education charity. Their aim is to work independently with individuals to reduce alcohol reduced harm, they have support for drinking and how it affects one's mental health and wellbeing. They can be contacted via telephone is: 020 7766 9900 or via email [contact@drinkaware.co.uk](mailto:contact@drinkaware.co.uk)

**Drink Coach** has an online app which can help support with the amount of alcohol being consumed if you have concerns about this. There is a test you can take to find out how risky your drinking is and online coaching through A **professional, convenient** and **confidential** way to discuss your drinking and receive **expert guidance** from an alcohol treatment specialist

**Adfam** provides support for families affected by drugs and alcohol, they can be contacted via telephone on: 020 3817 9410 or via email on: By email [admin@adfam.org.uk](mailto:admin@adfam.org.uk)

**Drug wise:** evidence based information on drugs, alcohol and tobacco.

**Frank:** free advice 24hrs a day confidential advice on drugs. They can be contacted via telephone on: 0300 1236600 or via text on 821111 or email on: [frank@talktofrank.com](mailto:frank@talktofrank.com)

**Narcotics Anonymous:** provide support for people with drug problems, they offer local meetings, online meeting or can be contacted via telephone on: 0300 999 1212 (daily 10am to midnight)

**Gamblers Anonymous:** a service to help to support with gambling addiction problems through shared experiences, they have online forums and chat rooms, banks of support resources and local confidential meetings.

**National gambling helpline:** (be gamble aware), they are a service offering free confidential help for anyone who is worried about theirs or someone else gambling, they also provide a live chat service. They can be contacted 0808 020133. Freephone 08:00am –midnight.

**Famaon** a website offering support and guidance to families and friends of those affected by substance misuse/abuse. The site offers face to face meetings in many parts of the country, an online forum for support and lots of information advice and guidance

**Drugfam** provides a lifeline of safe and caring support to families, friends and partners affected by someone else's drug, alcohol or gambling problems. Telephone support on **08008883853** available 7 days a week, they also offer bereavement support and educational support

**Gamcare** free information, support and advice for anyone harmed by gambling Telephone support is available 24 hours a day 7 days a week on 0808 8020 133, they also have links to live chat, group chat and forums on their website.

## Mental health support signposting sheet

<p><b>Signposting for support with depression and anxiety</b></p>	<p>If an individual is experiencing anxiety a top tip is this activity that can alleviate the anxiety. This is called 'grounding' . It may sound a little strange but it genuinely does work!</p> <p>Ask the individual to look around you, find:</p> <ul style="list-style-type: none"> <li>● Five things you can see</li> <li>● Four things you can touch</li> <li>● Three things you hear</li> <li>● Two things you can smell</li> <li>● One thing you can taste</li> </ul> <p>Support for those who are anxious about coming out of lockdown. <a href="#">The British heart foundation</a> has created a page full of information and advice about how to manage anxiety in lots of different situations that relate to coming out of lockdown, such as visiting friends and going to restaurants etc. It contains lots of useful tips and advice</p> <p><a href="#">Depression uk</a>: a national self-help organisation to support individuals with depression. It is made up of volunteers who have themselves experienced depression and overcome the illness. They can be contacted via email at: <a href="mailto:info@depressionuk.org">info@depressionuk.org</a>. They also have a Facebook page which is: <a href="https://www.facebook.com/depressionukorg">www.facebook.com/depressionukorg</a></p> <p><a href="#">Mind</a>: a support service for a range of mental health conditions and issues, they have live chat on their website, plus they can be contacted via telephone on: 03001233393 (mon-fri 0:900 to 18:00pm), by email at:<a href="mailto:info@mind.org.uk">info@mind.org.uk</a> via text at: 86463. In addition they have local groups in most areas which can be found <a href="http://www.mind.org.uk/about-us/local-minds/local-minds">here: www.mind.org.uk/about-us/local-minds/local-minds</a></p> <p><a href="#">Anxiety Care UK</a> offers advice and support for people experiencing, stress, anxiety, phobias and OCD, they have lots of support resources on their website, they usually offer local support groups but these are suspended at present, they can be contacted via email on: <a href="mailto:recoveryinfo@anxietycare.org.uk">recoveryinfo@anxietycare.org.uk</a></p> <p><a href="#">Mental health foundation</a> provides a wealth of information and support for anyone who is experiencing mental health problems or learning disabilities.</p> <p><a href="#">Anxiety UK</a>: advice and support for individuals living with anxiety, stress and anxiety based depression. They have an online chat service on their website. They can be contacted via phone on: 03444 775 774(Monday to Friday: 09.30am- 5.30pm) and via text on 07537416905</p> <p><a href="#">Rethink mental illness</a> is an advice and support service for a range of mental health conditions, they have an abundance of support materials on their website, they also offer local groups and services and can be Contacted via phone on: 0300 5000 927 (M-F 09.30am-4pm)</p> <p><a href="#">Childline</a>: a private and confidential service for children and young people up to the age of 19 to support them with anything they may be going through, they have a range of support tools on their website, they also have specific sections for children worrying about Coronavirus. They can also be contacted via phone on: 0800 1111 (24hr service) by email directly on their website and they have a confidential online chat service with trained counsellors.</p> <p><a href="#">Kooth</a> ; An online free counselling and emotional well-being platform for children and young people, accessible through your mobile, tablet and desktop.</p>
<p><b>Signposting for Trauma and PTSD</b></p>	<p><a href="#">Combat stress</a>: treatment and support for British armed forces or veterans who have mental health problems, they have a 24 hour helpline number which is: 08001381619 for veterans and their families and 08003234444 for service personnel and their families. They have a text service on: 07537404719. They can be contacted via email on: <a href="mailto:helpline@combatstress.org.uk">helpline@combatstress.org.uk</a></p>

## Mental health support signposting sheet

	<p><a href="#">ASSIST Trauma Care</a> is an organisation offering therapeutic support and interventions for any adult and children affected by traumatic experiences, they can be contacted via telephone on 01788551919</p> <p><a href="#">Disaster Action</a> provides support for those who have been bereaved or support for survivors, they can be contacted on: <a href="mailto:admin@disasteraction.org.uk">admin@disasteraction.org.uk</a></p>
<p><b>Crime signposting</b></p>	<p><a href="#">Rape Crisis</a>: a feminist organisation that supports the work of Rape Crisis Centres across England and Wales. They also raise awareness and understanding of sexual violence and abuse in all its forms. Contact 0808 802 9999 (daily 12-2.30pm,7-9.30pm)</p> <p><a href="#">Victim Support</a> provides information and support to victims of witnesses to crime. Contact 0808 168 91111 24hr helpline.</p> <p><a href="#">Childline</a> call 0800 111 A service for children to gain confidential support through telephone contact, internet or chat room.</p>
<p><b>Signposting for those with thoughts of self-harm or those that are engaging in self-harm.</b></p>	<p><a href="#">Mint project</a>: A place men can talk without prejudice or any judgements about any mental health including suicide. Contact <a href="tel:+447895850938">+44 7895 850938</a> <a href="mailto:support@mintproject.co.uk">support@mintproject.co.uk</a></p> <p><a href="#">Harmless</a>: established at the beginning of October 2007 to respond to the needs of people who do or are at risk of self-harm and suicide. It is a national voluntary organisation for people who self-harm, their friends, families and professionals. Contact <a href="mailto:info@harmless.org.uk">info@harmless.org.uk</a></p> <p><a href="#">Lifesigns</a>: user-led self-harm guidance and support network.</p> <p><a href="#">National Self Harm Network</a>: survivor led, closely monitored forum for people who self-harm and their friends and family</p> <p><a href="#">YoungMinds Parents Helpline</a>: advice and support helpline for anyone worried about a child or young person under 25. Contact Parent's helpline 0808 802 5544 (M-F 09.30am-4pm)If you need urgent help text YM to 85258</p> <p><a href="#">CALM</a> :Calm in the Campaign Against Living Miserably, which is a leading movement against suicide. They provide a confidential helpline providing a listening, information and support service for men. Contact 0800 58 58 58 (17:00 – 00:00 7 days a week), they also provide a confidential webchat via their website</p> <p><a href="#">Nightline</a>: lists contact information for support and listening services run in colleges and universities across the United Kingdom. Please see the website for the contact details for your area.</p>
<p><b>Signposting for individuals with suicidal thoughts</b></p>	<p><a href="#">CALM</a> (Campaign Against Living Miserably): listening service, information and support for men at risk of suicide. Contact 0800 58 58 58</p> <p><a href="#">Side by side</a> replaced Elefirends recently and link with mind's supportive online community providing confidential help on mental health problems, including suicide.</p> <p><a href="#">Maytree Suicide Respite Centre</a> offers free respite stays for people in suicide crisis. Contact 020 7263 7070,<a href="mailto:maytree@maytree.org.uk">maytree@maytree.org.uk</a></p> <p><a href="#">Papyrus HOPLINE UK</a>: supports for under 35's at risk of suicide and others who are concerned about them. Contact 0800 068 4141,Text 07860039967,<a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a> (9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays)</p>

## Mental health support signposting sheet

	<p><a href="#">Shout crisis line support</a>: is a text service on 85258 and is for anyone who is experiencing suicidal thoughts, have experienced abuse, assault, self-harm or bullying and for those experiencing relationship challenges</p> <p><a href="#">YoungMinds Parents Helpline</a>: advice and support helpline for anyone worried about a child or young person under 25. Contact Parent's helpline 0808 802 5544 (M-F 09.30am-4pm)If you need urgent help text YM to 85258</p> <p><a href="#">Mint project</a>: A place men can talk without prejudice or any judgements about any mental health including suicide. Contact <a href="tel:+447895850938">+44 7895 850938</a> <a href="mailto:support@mintproject.co.uk">support@mintproject.co.uk</a></p> <p><a href="#">Stay Alive</a> is an app for those at risk of suicide and those worried about someone.</p> <p><a href="#">Zero suicide alliance</a> A range of training support solutions for suicidal thoughts and intentions</p> <p><a href="#">Communityroots</a> for Brighton and Hove area : Survivors of suicide - this is available support for individual who are survivors of suicide</p> <p><a href="#">Rethink SOS Mental health leaflet</a>: This leaflet has contact numbers to provide support for survivors of suicide and also support for families and carers. The service offers confidential 1:1 support if you are experiencing suicidal thoughts or have attempted suicide. They can also support family, carer or friend of someone going through thoughts of suicide or bereavement due to suicide if you live in the Brighton and Hove east sussex area.</p> <p><a href="#">Rethink</a>; This website links to booklets and fact sheets on how to cope with suicidal thoughts, Help is a hand public health booklet providing support and information on losing someone to suicide, beyond the rough rock which is a resource for adults supporting children after a suicide ( This is a paid resource from Winston Wish), Coping with loss factsheet, finding the right words booklet supporting someone who has lost someone to suicide, prisoners and suicidal thoughts fact sheet and other resources to support individuals on the subject of suicide.</p>
<p><b>Signposting for Eating Disorders</b></p>	<p><a href="#">Anorexia and Bulimia Care</a>: providing care, emotional support and practical guidance for anyone affected by eating disorders. Contact 03000 11 12 13</p> <p><a href="#">B-EAT</a> is a UK leading charity supporting anyone affected by eating disorders. Contact 0808 801 0677 ( adults) or 0808 801 0711 (under 18's) <a href="#">Adults email:</a>, <a href="#">Young people email</a></p> <p><a href="#">National Centre for Eating Disorders</a>: information and guidance on eating disorders and treatments. Support Line (UK): 0845 838 2040</p> <p><a href="#">SEED</a> is a website group provided by people with first-hand experience of eating disorders. Contact (01482) 718130, <a href="mailto:hello@seedeatingdisorders.org.uk">hello@seedeatingdisorders.org.uk</a> (Mon-Fri 09.30am-2.30pm)</p> <p><a href="#">NHS Choices: Eating disorders</a>: detailed information and guidance on eating disorders.</p>

## Mental health support signposting sheet

<p><b>Signposting relating to Personality Disorders</b></p>	<p><b>Mind:</b> provides information and advice relating to personality disorders. Contact 0300 123 3393, <a href="mailto:info@mind.org.uk">info@mind.org.uk</a>, Text 86463</p> <p><b>NHS: Personality disorders:</b> information and guidance on personality disorders</p>
<p><b>Signposting relating to Bipolar Disorders</b></p>	<p><b>Bipolar UK:</b> this is a charity that supports all individuals diagnosed with bipolar and their families</p> <p><b>SANE</b> runs a national, out-of-hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers. Contact 0300 304 7000 (16:30 – 22:30, 7 days a week)</p> <p><b>Switchboard:</b> provides listening and support services for lesbian, gay, bisexual and transgender communities across the UK. Contact 0300 330 0630 (10:00 – 23:00 7 day a week) email: <a href="mailto:chris@switchboard.lgbt">chris@switchboard.lgbt</a></p>
<p><b>Signposting relating to Psychosis</b></p>	<p><b>Hearing Voices network:</b> information and support for people who hear voices and local support groups. Contact <a href="mailto:nfo@hearing-voices.org">nfo@hearing-voices.org</a></p> <p><b>National Institute for Health and social care (NICE)</b> this guidance is an overview of psychosis and schizophrenia in adults on prevention and management of the conditions.</p> <p><b>National Paranoia Network:</b> this is for support and information for people who experience paranoid thoughts. Contact 0114 2718210, <a href="mailto:enquiries@nationalparanoianetwork.org">enquiries@nationalparanoianetwork.org</a></p> <p><b>Voice collective:</b> supports children and young persons who experience psychotic symptoms and offer support to families. Contact 020 7911 0822 <a href="mailto:nfo@voicecollective.co.uk">nfo@voicecollective.co.uk</a></p> <p><b>Young Minds:</b> support for young people affected by mental health, including psychosis. Contact parent's helpline 0808 802 5544</p> <p><b>Action on Postpartum Psychosis</b> A charity that supports individuals and families with Postpartum Psychosis. Contact 020 33229900, <a href="mailto:app@app-network.org">app@app-network.org</a></p>
<p><b>Signposting relating to Schizophrenia</b></p>	<p><b>Living with Schizophrenia:</b> a charity website managed by people with personal experience of the condition. Contact <a href="mailto:info@livingwithschizophreniauk.org">info@livingwithschizophreniauk.org</a></p> <p><b>National Paranoia Network:</b> support and information for people who experience paranoid thoughts. Contact 0114 2718210, <a href="mailto:enquiries@nationalparanoianetwork.org">enquiries@nationalparanoianetwork.org</a></p> <p><b>Voice collective:</b> supports children and young persons who experience psychotic symptoms and offer support to families Contact: 020 7911 0822 <a href="mailto:nfo@voicecollective.co.uk">nfo@voicecollective.co.uk</a></p> <p><b>YoungMinds Parents Helpline:</b> advice and support helpline for anyone worried about a child or young person under. Contact Parents hotline: 0808 802 5544</p> <p><b>SANE</b> runs a national, out-of-hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers. Contact 0300 304 7000 (16:30 – 22:30, 7 days a week)</p>
<p><b>Signposting relating to Obsessive Compulsive Disorder OCD</b></p>	<p><b>OCD Action:</b> <a href="http://ocdaction.org.uk">ocdaction.org.uk</a>. Support for people with OCD information on treatment and online resources. Contact 0845 390 6232 (M-F 09.30am-5pm) or email <a href="mailto:support@ocdaction.org.uk">support@ocdaction.org.uk</a></p>



## Mental health support signposting sheet

	<p><b>OCD UK:</b> a charity-run by people with OCD, for people with OCD, Facts, news and information on treatments. Contact 0845 120 3778 (M-F 09.00am-5pm)</p> <p><b>Nopanic:</b> A voluntary organisation offering support for those who have OCD and panic attacks. They can be contacted on: 0844 9674848 (calls cost 5p per minute plus phone providers access charge) open 10:am to 10:pm daily</p>
<p><b>Signposting relating to Abuse (Child, sexual, domestic)</b></p>	<p><b>NSPCC:</b> children’s charity dedicated to ending child abuse and child cruelty Contact 0800 1111 for children 24hr helpline, 0808 800 5000 or email <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a>. for adults concerned about a child 24hr helpline.</p> <p><b>Refuge:</b> advice on dealing with domestic abuse Contact 0808 2000 247 24hr helpline.</p> <p><b>Family Lives:</b> advice on all aspects of parenting including dealing with bullying. Contact 0808 800 2222 (M-F 9am-9pm. Sat-Sun 10am-3pm)</p>
<p><b>Bereavement</b></p> <p><b>Also link to the full signposting sheet for loss and bereavement <a href="#">here</a></b></p>	<p><b>Cruse Bereavement Care:</b> support and advice for all on bereavement. Contact 0844 477 9400 (M-F 09.00am-5pm) <a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a></p> <p><b>National Children’s Bureau</b> -Childhood bereavement network which supports children, young people and their families with the death of a loved one. They also have a dedicated section on COVID-19.</p> <p><b>ACAS-</b> bereavement rights : The Advisory, Conciliation and Arbitration Service (Acas) gives support and guidance around bereavement, including good practice for managing leave, suggested processes for when a member of staff dies and a template bereavement policy</p> <p><b>At a loss:</b> The At a Loss signposting website for the bereaved directs you to information and local services appropriate to your loss.</p> <p><b>Dying matters</b> : Dying Matters is a coalition of individual and organisational members across England and Wales, aiming to help people talk more openly about dying, death and bereavement.</p> <p><b>The good grief trust:</b> The Good Grief Trust signposts to a choice of immediate tailored local and national support, including coronavirus bereavement advice.</p> <p><b>Hospice UK</b> has a confidential adult social care bereavement and trauma support line. It’s free to call: 0300 303 4434 (8am to 8pm, Monday to Sunday) Speak to a specialist counsellor who can support you if you’ve experienced a bereavement, have witnessed traumatic deaths as part of your work or need to discuss any other anxiety or emotional issues you are experiencing as a result of coronavirus.</p> <p><b>The Inter Faith Network:</b> Interfaith has guidance from faith communities and faith community organisations on funeral rites and practices during the coronavirus pandemic.</p> <p><b>Sudden:</b> Sudden has coronavirus-specific guidance on grief and supporting yourself or someone else, particularly during social distancing and on memorialising someone during social distancing.</p> <p><b>Sue Ryder:</b> offers online bereavement support, including an online bereavement counselling service</p> <p><b>Widowed and Young offers:</b> support to people under 50 who have lost a partner.</p>

## Mental health support signposting sheet

<p><b>Signposting for the elderly</b></p>	<p><a href="#">The Silverline</a>: The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. Call 0800 4 70 80 90</p> <p><a href="#">Age UK</a>: They aim to provide life-enhancing services and vital support to people in later life. With and local partners they deliver a range of services across the UK. They offer befriending services and an advice line (0800 6781692) 365 days per year from 8:00am to 7:00pm plus many other services</p>
<p><b>Signposting for children</b></p>	<p><a href="#">National children's bureau</a> support and advice for all on bereavement. Contact 0844 477 9400 (M-F 09.00am-5pm) <a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a></p> <p><a href="#">NSPCC</a>: children's charity dedicated to ending child abuse and child cruelty Contact 0800 1111 for children 24hr helpline, 0808 800 5000 or email <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a>. for adults concerned about a child 24hr helpline.</p> <p><a href="#">Family Lives</a>: advice on all aspects of parenting including dealing with bullying. Contact 0808 800 2222 (M-F 9am-9pm. Sat-Sun 10am-3pm)</p> <p><a href="#">YoungMinds</a> are the UK's leading charity for fighting for children and young people 's mental health. Find out more about us, our mission and how we work</p> <p><a href="#">MindEd For Families</a> is a branch of <a href="#">MindEd</a>, intended to support parents and those caring for children and young people. MindEd is an online e-portal offering free, simple advice about children and young people's mental health for adults.</p> <p><a href="#">NHS Children and Young People's Mental Health Services (CYPMHS)</a></p> <p><a href="#">Place2Be</a> For over 25 years Plac2Be have provided mental health services in schools. Their mission is to improve young people and children's mental health</p> <p><a href="#">MIND</a> for children and young people aged 11 to 18</p> <p><a href="#">Barnardo's</a> provide help and guidance for children and young people across the country. This site provides a search engine for help and support in you area</p>
<p><b>Signposting for relationships</b></p>	<p><a href="#">Relate</a>: The relationship people, the UK's largest provider of relationship support. They are also offering advice and support on how to keep relationships healthy during self-isolation. They have live webchat support with trained counsellors.</p> <p><a href="#">Family Lives</a>: Support for parents before they reach crisis point, which could result on abuse of the child. They also have guidance on how to cope with self-isolation as a family</p> <p><a href="#">NAPAC</a> : Support and recovery from childhood abuse, contact: 0808 801 0331 (free from mobiles or landlines email: <a href="mailto:support@napac.org.uk">support@napac.org.uk</a>)</p>
<p><b>Domestic abuse/controlling behaviour</b></p> <p><b>Also link to the full signposting sheet for</b></p>	<p><a href="#">Domestic abuse</a>: how to get help. This is a government webpage on how to get help with domestic abuse whilst in household isolation due to COVID-19</p> <p><a href="#">Women's aid</a> provide support and information on domestic abuse.</p> <p><a href="#">National Domestic abuse</a> helpline – 0808 2000 247</p>

## Mental health support signposting sheet

<p><b>domestic violence rape and assault <a href="#">here</a></b></p>	<p>The men's advice line. For male domestic abuse survivors -0808 801 0327</p> <p>The Mix, free information and support for under 25's in the UK 0808 808 4994</p> <p>National LGBT + Domestic abuse helpline -0800 999 5428</p> <p><a href="#">Respect men's advice line</a> – non-judgemental support and advice free phone 0800 8010327</p> <p><a href="#">Karma Nirvana</a> – charity supporting victims of honour based abuse and forced marriages</p> <p><a href="#">Mankind-</a> helping men escape domestic abuse - help line 01823 334244</p> <p>National Stalking Helpline- 0808 802 0300</p> <p>National LGBT Domestic Violence Helpline – 0300 999 5428</p> <p>National Centre for Domestic Violence -0800 970 2070</p>
<p><b>Signposting for mental health support during pregnancy and loss of babies</b></p>	<p><a href="#">NSPCC</a> Pregnancy in Mind is a preventative mental-health service designed to support parents who are at risk of or experiencing mild to moderate anxiety and depression during pregnancy. It is an antenatal group intervention delivered by professionals during the middle trimester of pregnancy. Parents-to-be are able to attend the programme between 12 and 28 weeks gestation.</p> <p><a href="#">Bliss</a> Support for those who have babies born premature or sick</p> <p><a href="#">Spoons</a> Bereavement support: Spoons has a <a href="#">Facebook bereavement support group</a>. This is run by Katie. The group provides a safe and understanding space for other bereaved parents to share their thoughts and feelings without fear of being judged.</p> <p>We are also able to fund <a href="#">counselling and trauma therapy</a> for families who have experienced a loss on the neonatal unit in Greater Manchester.</p> <p>All child funerals are free of charge and you can access the <a href="#">Child Funeral Fund</a> for extra financial support with extras.</p> <p><a href="#">Child Bereavement UK</a> Offer telephone support services, training and blogs etc. Helpline is operating as normal, Monday – Friday, 9am – 5pm (except Bank Holidays). Helpline: 0800 02 888 40, Live Chat via our website, and email <a href="mailto:support@childbereavementuk.org">support@childbereavementuk.org</a></p> <p><a href="#">lullaby Trust</a> Bereavement support for anyone affected by the sudden and unexpected death of a baby or young child. bereavement support helpline on 0808 802 6868 or email <a href="mailto:support@lullabytrust.org.uk">support@lullabytrust.org.uk</a>. Calls are free from all landlines and most mobile phone networks. The helpline is open 10am-5pm from Monday to Friday and 6pm-10pm on weekends and public holidays. They also have a webchat service on their website</p> <p><a href="#">The miscarriage Association</a> Call on 01924 200799 Mon-Fri 9:00am-4:00pm, there are also support groups, information services and a live webchat function on their website</p>

## Mental health support signposting sheet

	<p><a href="#">SANDS</a> Stillborn and Neonatal Death Charity Sands Helpline - 0808 164 3332 10:00am-3:00pm Monday to Friday and 6:00pm to 9:00pm on Thursday also can email: <a href="mailto:helpline@sands.org.uk">helpline@sands.org.uk</a></p> <p>SANDS bereavement support App is available on the Appstore and on Android. On the website there is access to local support groups, a support book and online community.</p>
<b>Signposting for those who identify as LGBTQ+</b>	<p><b><a href="#">Gendered Intelligence</a></b>: The organisation runs youth groups in London, Leeds and Bristol for trans, non-binary and questioning young people. It also runs a peer-led support group in London for people aged 18 to 30.</p> <p><b><a href="#">Imaa:Ilmaan</a></b> is a charity that supports lesbian, gay, bisexual, trans, queer or questioning (LGBTQ) Muslims, providing an online forum where people can share experiences and ask for help.!</p> <p><b><a href="#">Consortium</a></b>: This membership organisation work to support LGBT+ organisations and projects around the country. Use the site's <a href="#">Member's Directory</a> to find local mental health services.</p> <p><b><a href="#">LGBT Foundation</a></b>: The LGBT Foundation offers information, advice, and support services, including a <a href="#">Talking Therapies Programme</a> to LGBT people.</p> <p><b><a href="#">London Friend</a></b>: London Friend offers support groups and services, such as counselling and drug and alcohol support, to LGBT people in and around London.</p> <p><b><a href="#">Mind LGBTQ</a></b>: Get information about mental health support for people who are lesbian, gay, bisexual, trans, intersex, non-binary, queer or questioning (LGBTIQ).</p> <p><b><a href="#">Pink Therapy</a></b>: Pink Therapy has an <a href="#">online directory</a> of therapists who work with people who are lesbian, gay, bisexual, transgender, intersex and queer or questioning (LGBTIQ), and people who are gender- and sexual-diverse (GSD).</p> <p><b><a href="#">Stonewall</a></b>: Find LGBT mental health services near you using Stonewall's "<a href="#">What's in my area?</a>" search box.</p> <p><b><a href="#">Switchboard LGBT+ Helpline</a></b>: Switchboard provides a listening service for LGBT+ people over the phone, via email and online chat. It can provide you with contact details of an LGBT-friendly therapist.</p>

## Mental health support signposting sheet

### Apps

Here are some useful apps that can be installed on your SMARTphone:

[Calm harm](#): an app designed to help people resist or manage the urge to self harm.

[COVE](#): create music to help express complex feelings. Cove is a personal music journal to help you with your mental health.

[Equoo](#): Emotional Fitness Game: Use adventure games designed by psychologists to increase your emotional fitness and learn new psychological skills.

[Catch it](#): Learn to look at problems differently, turn negative thoughts into positive ones and improve your mental wellbeing.

[distrACT](#): Get quick easy discreet access to information and advice about self-harm and suicidal thoughts.

[Feeling good](#): Improve your thoughts, feelings, self esteem and self confidence using the principles of cognitive behavioural therapy.

[My possible self](#): Pick from 10 modules to learn how to manage fear anxiety and stress and take control of your thoughts, feelings and behaviour.

[Stress and anxiety companion](#): Guided breathing exercises, relaxing music and games made to help calm the mind, and handle stress and anxiety on the go.

[Student health app](#): Access more than 900 pages of reliable, regularly updated health information, created for students by NHS Doctors.

[Daylight](#): Daylight is a smartphone-based app that provides help if you are experiencing symptoms of worry and anxiety using evidence-based cognitive behavioural techniques, voice, and animation.

[Sleepio](#): Sleepio is a clinically-evidenced sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep.

[SilverCloud](#): SilverCloud Health has set up a dedicated website to provide you with wellbeing support during this time. Access online self-help programmes for:

- COVID-19 — support for the difficult emotions and situations you may face during the pandemic. Helping you to deal with worry, sleep issues, bereavement, isolation and work-life balance
- sleep — learn how to fall asleep faster and stay asleep with healthier habits.
- stress — manage stress and learn healthy coping skills.
- resilience — enhance your wellbeing and your ability to bounce back from challenges.

Please use this PIN **SOC2020**

## Mental health support signposting sheet

	<p><a href="https://www.stayalive.app/">https://www.stayalive.app/</a> For those at risk of suicide or are worried about someone else that may be at risk</p>
<b>Other signposting</b>	<p><b>Alzheimer's Society:</b> provides information and advice on dementia. Contact 0300 222 1122 (M-F 9am-5pm, Weekends, 10am-4pm)</p> <p><b>Mencap:</b> Support for those with learning disabilities and they are offering specific support in relation to Covid-19 for those with learning disabilities to support their wellbeing</p>