





CHECK-IN AND CHAT

QUICK GUIDE TO SIGN-POSTING




MONEY & BENEFITS

 **Turn2us:** Call: 0808 802 2000
Email: info@turn2us.org.uk


 **AgeUK:** Provide benefits and entitlements help and advice:


Call: 0800 055 6112


DOMESTIC ABUSE


 **National Helpline:** Call 0808 2000 247


MENTAL HEALTH

 **Mind:** Call: 0300 123 3393
Email: info@mind.org.uk


 **CALM:** For men only
Call: 0800 58 58 58


 **Papyrus:** For under 35s
Call: 0800 068 41 41
Email: pat@papyrus-uk.org


 **Childline:** For under 19s
Call: 0800 1111

 **Samaritans:** Call: 116 123
Email: jo@samaritans.org

OTHER SOURCES

 **Local Council:** <https://www.gov.uk/find-a-community-support-group-or-organisation>

 **NHS & GP:** Call: 111
Find Help: <https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>

 **Police:** Emergency: 999
Non-emergency: 101

Looking after yourself

Supporting someone in distress can be distressing in itself. If you're helping someone who's struggling, make sure you take care of yourself as well. Speak to your coordinator and/or regional manager about how you are feeling or if you need to talk about how you are feeling to someone who doesn't know you, remember you can call Samaritans on 116 123 or email on jo@samaritans.org, whenever you need.



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QUICK GUIDE TO MENTAL HEALTH



COPING WITH STRESS DURING COVID-19

It's normal to feel sad, stressed, confused, scared, or angry. Talking to people you trust can help.



MAINTAIN A HEALTHY LIFESTYLE

as best as you can with proper diet, social interactions, adequate sleep and exercise, practising mindfulness such as breathing exercises.



SEEK PROFESSIONAL HELP

for physical and mental health needs It's important to seek help from a GP or A&E.

Most services remain open during the pandemic and can offer treatments for depression and anxiety.