Library and Knowledge Services

MENTAL HEALTH AND COVID-19

Information, resources and helplines
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Low Mood

**NHS**
Information and advice on low mood, sadness and depression

**Every Mind Matters**
Information about low mood and how to improve your mood

Anxiety

**Mental Health Foundation**
Information about how to overcome fear and anxiety
[https://www.mentalhealth.org.uk/publications/overcome-fear-anxiety](https://www.mentalhealth.org.uk/publications/overcome-fear-anxiety)

The Anxious Child: A booklet for parents and carers wanting to know more about anxiety in children and young people.
[https://www.mentalhealth.org.uk/publications/anxious-child](https://www.mentalhealth.org.uk/publications/anxious-child)

**Mind**
Explains anxiety and panic attacks, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.

**NHS**
Information for both adults and children on anxiety.
Anxiety, fear and panic: [https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic/](https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic/)
Generalised anxiety disorder in adults: [https://www.nhs.uk/conditions/generalised-anxiety-disorder/](https://www.nhs.uk/conditions/generalised-anxiety-disorder/)

**Every Mind Matters**
Information and resources about anxiety

**Royal College of Psychiatrists**
Information on anxiety, panic and phobias

**Young Minds**
Information on anxiety and feeling anxious for young people
[https://youngminds.org.uk/find-help/conditions/anxiety/](https://youngminds.org.uk/find-help/conditions/anxiety/)

**Anxiety UK**
Information on anxiety including links to further information on specific types of anxiety conditions. Includes downloadable factsheets.
[https://www.anxietyuk.org.uk/get-help/anxiety-information/](https://www.anxietyuk.org.uk/get-help/anxiety-information/)
COVID-19 related

**CDC**
Manage Anxiety & Stress  

**HelpGuide**  
Coronavirus Anxiety: Coping with Stress, Fear, and Uncertainty  
https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm

**Psych Central**  
A blog about coronavirus anxiety and ways to cope with fear  
https://psychcentral.com/blog/coronavirus-anxiety-4-ways-to-cope-with-fear/

**Psychological Tools**  
A guide to living with worry and anxiety amidst global uncertainty  

**Royal College of Psychiatrists**  
Information for young people and adults about dealing with anxiety during the pandemic  

**Every Mind Matters**  
10 tips for those who are anxious about coronavirus  

**Young Minds**  
Advice for young people who feel anxious about coronavirus  
https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/

Isolation

**Isolation due to COVID-19**

**Mind**  
Advice about maintaining wellbeing during social distancing/self-isolation  
https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/

**CALM**  
Ways to stay social while social distancing  
https://www.thecalmzone.net/2020/03/putting-the-social-into-social-distancing/

**Every Mind Matters**  
Tips for looking after your mental wellbeing while staying at home  
Relate
Tips for maintaining healthy relationships during social distancing/self-isolation
https://www.relate.org.uk/covid-19-our-advice-and-tips-healthy-relationships

AgeUK
Advice for older people on staying safe and well at home during social distancing/self-isolation

WHO
Mental health and psychosocial considerations during the COVID-19 outbreak

Loneliness

Mind
Information and tips for managing loneliness
https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/

NHS
Advice on feeling lonely
https://www.nhs.uk/conditions/stress-anxiety-depression/feeling-lonely/

Mental Health Foundation
Advice for dealing with isolation
https://www.mentalhealth.org.uk/publications/guide-investing-your-relationships/isolation
Advice for people who find it difficult to stay socially connected and build relationships
https://www.mentalhealth.org.uk/publications/guide-investing-your-relationships/difficulties

Let’s Talk Loneliness
A UK Government campaign with advice and useful contacts on what to do if you’re feeling lonely.
https://letstalkloneliness.co.uk/advice/

Older People

Independent Age
Information and advice about staying connected in older age in pdf and audio formats
https://www.independentage.org/information/advice-guides-factsheets-leaflets/if-youre-feeling-lonely

Campaign to end loneliness
Advice for older people for dealing with loneliness and being alone
https://www.campaigntoendloneliness.org/feeling-lonely/

AgeUK
Information for if you or someone you know is feeling lonely
https://www.ageuk.org.uk/information-advice/health-wellbeing/loneliness/
Sleep deprivation

**Mental Health Foundation**
Information guide about sleep problems and advice for sleeping better
[https://www.mentalhealth.org.uk/publications/how-sleep-better](https://www.mentalhealth.org.uk/publications/how-sleep-better)

**Mind**
Information and advice on coping with sleep problems
[https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/sleep-problems/](https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/sleep-problems/)

**NHS**
Information about insomnia, with a sleep self-assessment tool
[https://www.nhs.uk/conditions/insomnia/](https://www.nhs.uk/conditions/insomnia/)

**Every Mind Matters**
Information and resources about sleep problems
[https://www.nhs.uk/oneyou/every-mind-matters/sleep/](https://www.nhs.uk/oneyou/every-mind-matters/sleep/)
Tips to help fall asleep faster and better

**Royal College of Psychiatrists**
Information on sleep problems and sleeping well
[https://www.rcpsych.ac.uk/mental-health/problems-disorders/sleeping-well](https://www.rcpsych.ac.uk/mental-health/problems-disorders/sleeping-well)

**Self Help resources**

**buzz**
A range of self-help guides on mental health topics including low mood and depression, anxiety, sleep problems
[https://buzzmanchester.co.uk/information/mentalhealthguides](https://buzzmanchester.co.uk/information/mentalhealthguides)

**Centre for Clinical Interventions**
Self-help resources for a range of mental health problems

**Get Self Help**
Self-help resources based on CBT techniques
[https://www.getselfhelp.co.uk/](https://www.getselfhelp.co.uk/)

**Elefriends**
Supportive online community run by Mind
[https://www.elefriends.org.uk/](https://www.elefriends.org.uk/)

**Multimedia resources**

**NHS**
Mental Wellbeing audio guides
One You
List of recommended apps which are free to download
https://www.nhs.uk/oneyou/apps/

Headspace
Guided meditations to help with relaxation. There is a Headspace app available but this has a charge
https://www.youtube.com/user/Getsomeheadspace/

Online courses

E-couch
Free interactive self-help program to improve mental wellbeing
https://ecouch.anu.edu.au/welcome

Living Life to the Full
Free online courses covering low mood, stress and resiliency
https://llttf.com/

Addiction & Substance misuse

Helplines

Al-Anon Family Groups
For people worried about someone else’s drinking
Phone: 0800 0086 811, 10am-10pm daily
Email on website: https://www.al-anonuk.org.uk/send-an-email/

Drinkline
Advice to those worried about their own, or a loved one's, alcohol use
Phone: 0300 123 1110, weekdays 9am–8pm, weekends 11am–4pm

DrugFam
Support for families affected by drug misuse
Phone: 0300 888 3853

Frank
National helpline providing advice and information about drugs
Phone: 0300 123 6600, 24 hours a day 7 days a week
Text: 82111
Email on website: https://www.talktofrank.com/contact

Online Advice Sites

NHS Choices
Alcohol Support
https://www.nhs.uk/live-well/alcohol-support/
Drug addiction: getting help
https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/
Alcohol Change UK
Advice for managing drinking during the COVID-19 outbreak, including if you are self-isolating

AdFam
List of helplines which provide telephone support for families affected by substance misuse
https://adfam.org.uk/help-for-families/finding-support/call-a-helpline

Drinkaware
List of alcohol Support Services
https://www.drinkaware.co.uk/alcohol-support-services/

Drug Wise
Where to get help if you have problems with drugs or need advice and information
https://www.drugwise.org.uk/where-can-i-get-help/

MIND
Addiction and dependency resources

Domestic Violence

Helplines and Support Services

Women's Aid
Safety advice for survivors. Has online Survivor’s Forum accessible 24/7
Online chat service: https://chat.womensaid.org.uk/ 10am-4pm Mon-Fri, 10am-12pm Sat-Sun

Refuge
National domestic abuse free helpline offering confidential, non-judgmental information and expert support.
Telephone: 0808 2000 247, 24 hours a day

Respect
Help for perpetrators of domestic violence, as well as victims.
Telephone: 0808 802 4040 Monday-Friday 9am-5pm
Web Chat (scroll to bottom of page): https://respectphoneline.org.uk/, Wednesday-Friday 10-11am and 3-4pm).

Galop
National LGBT+ domestic abuse helpline.
Telephone: 0800 999 5428, Monday/Tuesday/Friday 10am-5pm, Wednesday/Thursday 10am-8pm
Email: help@galop.org.uk
http://www.galop.org.uk/domesticabuse/
The Bright Sky app by Hestia
Bright Sky is a free to download mobile app, launched by Hestia in partnership with the Vodafone Foundation, providing support and information to anyone that is in an abusive relationship or those concerned about someone they know.
https://www.hestia.org/brightsky

NSPCC
Helpline to use if you’re concerned about a child, if you’re a parent or carer looking for advice, or if you’re a professional in need of information and guidance
Telephone: 0808 800 5000, Mon-Fri 8am-10pm and Sat-Sun 9am-6pm
Email: help@nspcc.org.uk

Manchester Helplines

Greater Manchester Police (GMP)
If in immediate danger and unable to speak a victim should ring the police and can use the “silent solution” by dialling 999 then 55 when the phone is answered, if they can’t talk.
Live chat facility to report domestic abuse online and request support from GMP:
https://www.gmp.police.uk/

Manchester City Council
Domestic abuse
Telephone: 0161 234 5393
Email: domestic.violence@manchester.gov.uk
Abuse or neglect of children
Telephone: 0161 234 5001
Email: mcsreply@manchester.gov.uk

Manchester Women’s Aid
Telephone: 0161 660 7999
Email: referrals@manchesterwomensaid.org

Saheli Asian Women’s Project
Telephone: 0161 945 4187

Independent Choices
Greater Manchester Domestic Abuse Hotline
Telephone: 0161 636 7525, Mon-Fri 10am-4pm
Email: helpline@independentchoices.org.uk

Online Advice Sites

SafeLives
Domestic abuse and Covid-19 information and resources
Refuge
Covid-19 safety tips for survivors. Safety tips for women and children survivors during the Covid crisis
https://www.refuge.org.uk/covid19-survivor-tips/

NSPCC
Corona Virus and keeping children safe from abuse. Advice on keeping children safe, especially during a period of school closures

Barnardos
Advice for parents & carers, young people, including mental health and parenting
https://www.barnardos.org.uk/coronavirus-advice-hub

Children’s Society
Corona Virus information and support, has many links to mental health advice and support services
https://www.childrenssociety.org.uk/coronavirus-information-and-support

WHO
WHO advice including practical tips for coping with stress at home

Depression

NHS
Information about depression, including a self-assessment tool
https://www.nhs.uk/conditions/clinical-depression/
Tips for coping with depression
https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-depression/

Mind
Information about depression, tips for caring for yourself and how to access help.
https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/about-depression/

Rethink Mental Illness
Information about depression
https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/depression/

Mental Health Foundation
Information on the symptoms and causes of depression, and where to get support
https://www.mentalhealth.org.uk/a-to-z/d/depression

SANE
Factsheet on depression, symptoms and treatment and support options
Healthtalk.org
Videos of people from the UK sharing their personal experiences of depression
https://healthtalk.org/depression/overview

Young Minds
Information about depression for young people, including a link to advice for parents who may be worried about their child
https://youngminds.org.uk/find-help/conditions/depression/

Bereavement

Helplines

Greater Manchester Bereavement Service
Support is available to anyone within Greater Manchester, bereaved or affected by a death.
Helpline: 0161 983 0902, Monday-Friday 9am-5pm (except bank holidays), Wednesday 9am-8pm
Website: https://greater-manchester-bereavement-service.org.uk

Cruse Bereavement Care
The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.
Telephone: 0808 808 1677, Monday and Friday 9.30am-5pm, Tuesday/Wednesday/Thursday 9.30am-8pm
Email: helpline@cruse.org.uk

Child Bereavement UK
Helpline offering bereavement support and information.
Telephone: 0800 02 888 40, Monday-Friday, 9am-5pm
Email: support@childbereavementuk.org
Live chat: https://www.childbereavementuk.org/about-our-helpline, Monday-Friday, 9am-5pm

NHS
NHS Bereavement Helpline is staffed by trained nurses who are highly skilled and experienced in working with bereaved families.
Telephone: 0800 2600 400, 8am to 8pm daily

Online advice sites

AgeUK
Information and advice for older people on coping with bereavement.
https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/

At a Loss
Advice and information for those who have been bereaved during the COVID-19 pandemic, and how to support those who have been bereaved at this time.
https://www.ataloss.org/Pages/FAQs/Category/coronavirus-pandemic
Child Bereavement UK
Advice and resources to support children and young people who are dealing with bereavement.

Cruse Bereavement Care
Resources for dealing with bereavement and grief during the COVID-19 pandemic. It covers some of the different situations and emotions bereaved people may have to deal with.

Gaddum Centre
Advice on talking to children and young people about coronavirus and bereavement.

Mind
Information and advice about bereavement.
https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/about-bereavement/

NHS
Advice for if you are experiencing grief after bereavement or loss
Advice for supporting children through bereavement

Sudden
Advice for people who have been bereaved during COVID-19, particularly by an unexpected death.

The Good Grief Trust
A support page for the newly bereaved with stories and advice from people who have been through a bereavement.
https://www.thegoodgrieftrust.org/need-know-info/from-us-to-you/for-newly-bereaved/

Young Minds
Information and advice for young people who are dealing with grief and loss.

Local helplines

Greater Manchester
Greater Manchester Suicide Bereavement Information Service
Telephone: 0161 212 4919 Monday – Friday, 10am - 4pm (Excluding bank holidays)
Email: SB.IS@nhs.net
Website: www.shiningalightonsuicide.org.uk
Kooth
Online counselling and emotional wellbeing support for 11-18 year olds
Online chat: Monday – Friday 9am – 10pm, Saturday and Sunday 6pm – 10pm
Website: https://www.kooth.com

Nestac
Ear for You – helpline offering support and advice for people from BAME communities who are recovering from COVID-19 or are self-isolating, relatives and friends of clients suffering from COVID-19, bereaved relatives and friends of a deceased COVID-19 person, BAME women and young girls victims of abuse and violence.
Telephone: 07862 279289 / 07894 126157, 10am – 6pm every day. You can also text the word HELP and someone will get back to you.

Bolton

MhiST
All face-to-face groups are temporarily suspended. However, we are still recording interest in the groups and have set up WhatsApp groups where possible. Mental Health Independent Support Team (MhiST) staff are working remotely but can be easily contacted by
Telephone: 01204 527200
Email: help@mhist.co.uk
Text: 0780000396
Website: https://mhist.co.uk/

Manchester

Manchester Mind
Due to the current situation our face-to-face services, including our advice drop-in, are currently suspended. If you need to speak to a member of the team please call 0161 769 5732.

Manchester Community Central
Spreadsheets containing the details of local support during the COVID-19 outbreak. They are divided into North, Central and South Manchester, there is also a spreadsheet for services that cover the entire city.
https://www.manchestercommunitycentral.org/coronavirus-advice-and-resources/changes-services-your-area

Rochdale

Rochdale and District Mind
Rochdale and District Mind operate a confidential mental health telephone information line: Please telephone our freephone number 0800 107 0729 or 01706 752338
https://www.rochdalemind.org.uk/
Self referral available: https://www.rochdalemind.org.uk/how-we-can-help/how-to-refer/

Salford
SIDASS – Salford Independent Domestic Abuse Support Services
Helpline: 0161 793 3232, Monday-Friday 1pm-4pm and there is an answer phone outside of these hours
http://salfordwomensaid.org/sidass/

Stockport

The Prevention Alliance
If you would like to speak with one of our keyworkers, our TPA phone line 0161 474 1042 continues to be staffed Monday – Friday 09:00 – 16:30.

COVID-19 Community Support Groups
Bird Estate (Poynton) Community Support
Bramhall Helping Hands
Brinnington Big Local
Heatons Covid-19 Virus – self isolation neighbourhood outreach
Marple Covid 19 Mutual Aid Group
Reddish Covid-19 virus – self isolation neighbourhood outreach
Stockport COVID 19 Support
https://startpoint.org.uk/covid19/ (a group to help people in Woodley)

In Romiley:
If you are self-isolating, Young Caritas Romiley from Our Lady & St Christopher’s Church can help you with picking up shopping
A friendly phone call
Posting mail
Urgent supplies
To keep everyone safe, all young people will be accompanied by a grown-up and only volunteer if they are healthy. Our hands will be washed regularly and all items will be left on the doorstep. We will avoid physical contact (2 metre distance)
Contact the church at Our Lady & St Christopher’s Church, Barrack Hill, Romiley or call 0161 430 2704

For people with sensory loss
A BSL Video about TPA service during the coronavirus period
Walthew House information page

Stockport Mind
Telephone/email/social media support still available, regardless of whether people are already under the service or not, as much as is possible.
If the answerphone is on, we will get back to people when able. Staff all working from home except for a rotation system to cover phones in the office on 0161 480 7393 (during opening hours).

START (drug and alcohol service)
Offering a service by telephone on 0161 474 3141 or email us on START@Stockport.gov.uk. more information https://www.healthystockport.co.uk/

Age UK Stockport
Offering telephone support on 0161 480 1211 Monday to Friday 9am to 5pm. The advice and information team are available on 0161 477 1213.
Signpost for carers
Helpline Monday to Friday, 8am-4pm: 0161 442 0442
Email: info@signpostforcarers.org.uk

Tameside

Mental Health Support in Tameside and Glossop
Information about different support services in Tameside and Glossop with COVID-19 updates
https://www.tameside.gov.uk/MentalHealth/Local-Support-Services-For-Mental-Health-and-Wellb

Wigan

The Wigan Mental Health Urgent Response Team
01942 636395 (24 hours a day, 365 days a year)
https://www.nwbh.nhs.uk/urgent-response-team-wigan

National helplines

Age UK
Older people’s charity providing information and advice and supporting research.
Phone: 0800 678 1602. 8am-7pm, 365 days a year
https://www.ageuk.org.uk/

Alzheimer’s Society
Provides information on dementia, including factsheets and helplines.
Phone: 0300 222 1122 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)
Website: www.alzheimers.org.uk

Anxiety UK
Charity providing support if you have been diagnosed with an anxiety condition.
Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)
Website: www.anxietyuk.org.uk

Beat
Provides support for people adults and young people with eating disorders.
Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)
Website: www.b-eat.co.uk

Bipolar UK
A charity helping people living with manic depression or bipolar disorder.
Website: www.bipolaruk.org.uk
During the lockdown, we will continue to operate a call back and email service for people to get advice and guidance and to just have a chat to relieve some of the loneliness of self-isolation. To arrange a call back please email us: info@bipolaruk.org

ChildLine
Telephone: 0800 1111
Website: www.childline.org.uk
ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.

CALM
CALM is the Campaign Against Living Miserably, for men aged 15 to 35.
Phone: 0800 58 58 58 (daily, 5pm to midnight)
Website: www.thecalmzone.net

Combat Stress
For veterans.
24 Hour helpline: 0800 138 1619
Website: www.combatstress.org.uk/

Cruse Bereavement Care
Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm)
Website: www.cruse.org.uk

Family Lives
Advice on all aspects of parenting, including dealing with bullying.
Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)
Website: www.familylives.org.uk

LGBT Foundation
Our helpline remains open on 0345 3 30 30 30, Monday to Friday between 10am and 6pm. We are also looking into options to extend our helpline hours during this time.
https://lgbt.foundation/

Mencap
Charity working with people with a learning disability, their families and carers.
Phone: 0808 808 1111 (Monday to Friday, 9am to 5pm)
Website: www.mencap.org.uk

Mind
Promotes the views and needs of people with mental health problems.
Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)
Website: www.mind.org.uk

MindLine Trans+
A confidential, emotional, mental health support helpline for people who identify as Trans, Agender, Gender Fluid, Non-binary.
Mondays and Fridays: 8pm to midnight. 0300 330 5468 | Visit the MindLine Trans+ webpage.

Mood Swings
Aimed at anyone affected by a mood disorder, including friends, families and carers. Their helpline is open 10am to 4pm Monday to Friday.
Telephone: 0161 832 37 36
E-mail: info@moodswings.org.uk
Website: www.moodswings.org.uk
Nightline
If you're a student, you can look on the Nightline website to see if your university or college offers a night-time listening service. Nightline phone operators are all students too.

No Panic
Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.
Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider’s Access Charge
Website: www.nopanic.org.uk

OCD Action
Support for people with OCD. Includes information on treatment and online resources.
Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider’s Access Charge
Website: www.ocdaction.org.uk

OCD UK
A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.
Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)
Website: www.ocduk.org

PANDAS Foundation
FREE helpline 0808 1961 776. Available on all landlines. Monday – Sunday 9am - 8pm. Manned by a team of trained volunteers who will be happy to chat to you and direct you to the right support.
PANDAS Email Support: info@pandasfoundation.org.uk available 365 days a year. We’ll respond within 72 hours. Please get in touch if you’d like any more information regarding perinatal mental illness or are looking for support for yourself or your partner, friend or colleague.

PAPYRUS
Young suicide prevention society.
Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)
Website: www.papyrus-uk.org

Rape Crisis
Website: www.rapecrisis.org.uk

Rethink Mental Illness
Support and advice for people living with mental illness.
Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)
Website: www.rethink.org

Samaritans
Confidential support for people experiencing feelings of distress or despair.
Phone: 116 123 (free 24-hour helpline)
Website: www.samaritans.org.uk
SANE
Emotional support, information and guidance for people affected by mental illness, their families and carers.
SANEl ine: 0300 304 7000 (daily, 4.30pm to 10.30pm)
Textcare - comfort and care via text message, sent when the person needs it most:
www.sane.org.uk/textcare
Peer support forum: www.sane.org.uk/supportforum
Website: www.sane.org.uk/support

Shout Crisis textline
Use the 'Shout' crisis text line - text SHOUT to 85258
Shout is the UK’s first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It’s a place to go if you’re struggling to cope and you need immediate help.

Silverline
Aimed at people over 55. Their helpline is open 24 hours a day, every day of the year.
Telephone: 0800 4 70 80 90
Website: www.thesilverline.org.uk

SOBS – Survivors of Bereavement by Suicide
0300 111 5065
9am – 9pm Monday to Friday
https://uksobs.org/

The Mix
If you’re under 25, you can call The Mix on 0808 808 4994 (Sunday-Friday 2pm–11pm), request support by email using this form on The Mix website or use their crisis text messenger service.

YoungMinds
Information on child and adolescent mental health. Services for parents and professionals.
Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)
Website: www.youngminds.org.uk

Victim Support
Phone: 0808 168 9111 (24-hour helpline)
Website: www.victimsupport.org

COVID-19 information

UK Government
https://www.gov.uk/coronavirus
The government has launched a Coronavirus information service on Whatsapp. To use the free GOV.UK Coronavirus Information Service on WhatsApp, simply add 07860 064422 in your phone contacts and then message the word 'hi' in a WhatsApp message to get started.

NHS England
https://www.nhs.uk/conditions/coronavirus-covid-19/

NHS 111 online
https://111.nhs.uk/covid-19
NHS inform  

World Health Organization  
https://www.who.int/health-topics/coronavirus#tab=tab_1  
WHO Health Alert – Whatsapp messaging service providing the latest news and information.  

CDC  
American Centre for Disease Control and Prevention  

UNISON  
Coronavirus and your rights at work  
www.unison.org.uk/coronavirus-rights-work/

Mental Health

Public Health England  
COVID-19: Guidance for the public on mental health and wellbeing  
COVID-19: Guidance for parents and carers on supporting children and young people’s mental health and wellbeing  

Greater Manchester Combined Authority  
Wellbeing and mental health during COVID-19: A guide to looking after yourself and others  

Mental Health Foundation  
Looking after your mental health during the Coronavirus outbreak  
https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak

Mind  
Coronavirus and your wellbeing  
https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/

Rethink Mental Illness  
COVID-19 and mental illness help and advice  
https://www.rethink.org/advice-and-information/covid-19-support/

WHO  
Helping children cope with stress during COVID-19  
Young Minds
Advice for young people on getting support for their mental health during the COVID-19 outbreak

Accessible information

HEE Library and Knowledge Services
Information about coronavirus for the public in accessible formats including Easy Read, BSL and Makaton.

Easy Read

Public Health England
Easy read guidance on mental health and wellbeing during COVID-19 outbreak

Beyond Words
Free wordless ebooks on coronavirus topics, including end of life care planning and bereavement
https://booksbeyondwords.co.uk/coping-with-coronavirus

Mencap
Easy read information about coronavirus and how to stop it from spreading

Inclusion North
Easy read and audio information about coronavirus, including information about health, work and staying at home
https://inclusionnorth.org/coronavirus-easy-read-information/

Mental Health Foundation
An easy read guide to anxiety

Cruse Bereavement Care
COVID-19 easy read factsheets on death and bereavement
https://www.cruse.org.uk/coronavirus/easy-read-factsheets

BSL

Signhealth
Information about coronavirus in British Sign Language translated from government announcements and Public Health England guidance
https://signhealth.org.uk/resources/coronavirus/
Multilingual information

**Royal College of Psychiatrists**
Information on a range of mental health topics in other languages
https://www.rcpsych.ac.uk/mental-health/translations

**Doctors of the World**
Basic information on coronavirus translated into 34 languages, based on NHS guidelines
https://www.doctorsoftheworld.org.uk/coronavirus-information/

**WHO**
Coping with stress during COVID-19
Arabic
Chinese
English
French
Russian
Spanish
WHO Health Alert – Whatsapp messaging service providing the latest news and information.
Available in Arabic, French and Spanish

**AskDoc**
Videos in different languages advising on how to best manage the threat of covid-19.
https://askdoc.org.uk/events/covid-19/

**Peterborough Council**
Coronavirus public health message videos in a range of different languages.

**Psychological Tools**
A guide to living with worry and anxiety amidst global uncertainty, available in a range of languages.

Further Information

For help with finding further information or resources, please contact the Library and Knowledge Services

**Email:** library@gmmh.nhs.uk

**Phone:** 0161 358 1772 / 0161 271 0505 (ext. 3)