



Medical Education  
Leeds

**Library and Information Service**

# **COVID-19 and Wellbeing**

**Information, resources and helplines**

## Contents

<b>LOW MOOD</b> .....	<b>3</b>
<b>ANXIETY</b> .....	<b>3</b>
COVID-19 RELATED .....	4
<b>ISOLATION</b> .....	<b>4</b>
ISOLATION DUE TO COVID-19 .....	4
LONELINESS.....	5
OLDER PEOPLE.....	6
DOMESTIC VIOLENCE.....	6
<b>SLEEP DEPRIVATION</b> .....	<b>7</b>
<b>SELF HELP RESOURCES</b> .....	<b>7</b>
MULTIMEDIA RESOURCES.....	7
ONLINE COURSES.....	8
<b>ADDICTION &amp; SUBSTANCE MISUSE</b> .....	<b>8</b>
HELPLINES.....	8
ONLINE ADVICE SITES .....	9
<b>DEPRESSION</b> .....	<b>9</b>
<b>LOCAL HELPLINES</b> .....	<b>10</b>
PRACTICAL ASSISTANCE.....	10
DOMESTIC VIOLENCE .....	11
MENTAL HEALTH .....	11
<b>NATIONAL HELPLINES</b> .....	<b>13</b>
<b>COVID-19 INFORMATION</b> .....	<b>16</b>
MENTAL HEALTH.....	17
<b>MULTILINGUAL INFORMATION</b> .....	<b>17</b>
<b>FURTHER INFORMATION</b> .....	<b>18</b>

## Low Mood

### **NHS**

Information and advice on low mood, sadness and depression

<https://www.nhs.uk/conditions/stress-anxiety-depression/low-mood-and-depression/>

### **Every Mind Matters**

Information about low mood and how to improve your mood

<https://www.nhs.uk/oneyou/every-mind-matters/low-mood/>

### **MindWell**

Information on low mood and depression

<https://www.mindwell-leeds.org.uk/myself/feeling-unwell/depression-and-low-moods>

## Anxiety

### **Mental Health Foundation**

Information about how to overcome fear and 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>

### **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.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety/>

### **NHS**

Information for both adults and children on anxiety.

Anxiety, fear and panic: <https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic/>

Generalised anxiety disorder in adults: <https://www.nhs.uk/conditions/generalised-anxiety-disorder/>

Anxiety disorders in children: <https://www.nhs.uk/conditions/anxiety-disorders-in-children/>

### **Every Mind Matters**

Information and resources about anxiety

<https://www.nhs.uk/oneyou/every-mind-matters/anxiety/>

### **Royal College of Psychiatrists**

Information on anxiety, panic and phobias

<https://www.rcpsych.ac.uk/mental-health/problems-disorders/anxiety-panic-and-phobias>

### **Young Minds**

Information on anxiety and feeling anxious for young people

<https://youngminds.org.uk/find-help/conditions/anxiety/>

Last updated: 24/04/20

### **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/>

### **MindWell**

Information about anxiety including self-help techniques and support services in Leeds

<https://www.mindwell-leeds.org.uk/myself/feeling-unwell/anxiety>

COVID-19 related

### **CDC**

Manage Anxiety & Stress

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

### **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/>

### **Royal College of Psychiatrists**

Information for young people and adults about dealing with anxiety

[www.rcpsych.ac.uk/about-us/responding-to-covid-19/covid-19-and-mental-health](http://www.rcpsych.ac.uk/about-us/responding-to-covid-19/covid-19-and-mental-health)

### **Every Mind Matters**

10 tips for those who are anxious about coronavirus

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

### **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/>

### **MindWell**

Resources to help people who feel anxious or panicky about coronavirus

<https://www.mindwell-leeds.org.uk/home/information-on-coronavirus>

### **MindEd Covid-19 Resilience Hub**

Helping front line staff in the NHS and care services manage your own mental health and wellbeing, whilst looking after others during the Covid-19 crisis.

<http://covid.minded.org.uk/>

## Isolation

Isolation due to COVID-19

### **Public Health England**

Last updated: 24/04/20

Regularly updated guidance on social distancing, including information on getting assistance with foods/medicines and looking after mental wellbeing

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

### **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

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

### **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

<https://www.ageuk.org.uk/information-advice/coronavirus/staying-safe-and-well-at-home/>

Mental health and psychosocial considerations during the COVID-19 outbreak

<https://www.who.int/publications-detail/mental-health-and-psychosocial-considerations-during-the-covid-19-outbreak>

### **WHO**

Helping children cope with stress during COVID-19

<https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf>

### **University College London Hospitals**

A guide to coping during the COVID-19 lockdown period: important steps, simple tools and helpful resources. Practical advice on building healthy routines, and links to further helpful tools.

<https://www.uclh.nhs.uk/PandV/PIL/Patient%20information%20leaflets/CopingDuringCovid19Lockdown.PDF>

### **Active Leeds**

Physical and mental wellbeing are hugely important during this difficult period. In an effort to support everyone at home, Active Leeds is providing various online resources such as activity tutorials, guidance and information, and fun challenges to try from home.

<https://active.leeds.gov.uk/healthyathome/>

### **Loneliness**

#### **Mind**

Information and tips for managing loneliness

<https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/>

Last updated: 24/04/20

### **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>

## 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/>

## Domestic Violence

### **Women's Aid**

Online resources and support for survivors of domestic violence.

<https://www.womensaid.org.uk/>

<https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/>

### **NHS**

How to recognise the signs and where to get help.

<https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>

### **NSPCC**

Information about keeping children safe from abuse.

<http://www.nspcc.org.uk>

<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/coronavirus-abuse-neglect-vulnerable-children/>

### **Refuge**

Refuge is an independent, specialist charity that supports women fleeing domestic abuse and other forms of gender-based violence.

<https://www.refuge.org.uk/>

<https://www.refuge.org.uk/covid19-survivor-tips/>

### **Save Lives**

Savelives is a UK charity dedicated to ending domestic abuse.

<http://savelives.org.uk>

<https://safelives.org.uk/news-views/domestic-abuse-and-covid-19>

## Sleep deprivation

### **Mental Health Foundation**

Information about sleep problems and advice for sleeping better

<https://www.mentalhealth.org.uk/publications/how-sleep-better>

### **Mind**

Information and advice about 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/>

### **Every Mind Matters**

Information and resources about sleep problems

<https://www.nhs.uk/oneyou/every-mind-matters/sleep/>

### **Royal College of Psychiatrists**

Information on sleep problems and sleeping well

<https://www.rcpsych.ac.uk/mental-health/problems-disorders/sleeping-well>

### **Mindwell**

Information about sleep and resources to help people sleep better

<https://www.mindwell-leeds.org.uk/myself/feeling-unwell/sleep>

## 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>

### **Centre for Clinical Interventions**

Self-help resources for a range of mental health problems

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

### **Get Self Help**

Self-help resources based on CBT techniques

<https://www.getselfhelp.co.uk/>

### **Elefriends**

Supportive online community run by Mind

<https://www.elefriends.org.uk/>

## Multimedia resources

### **NHS**

Last updated: 24/04/20

Mental Wellbeing audio guides

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

### **NHS Apps Library**

Trusted mental health apps

<https://www.nhs.uk/apps-library/category/mental-health/>

### **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

<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://littf.com/>

### **Leeds Mental Wellbeing Service - Omnitherapy**

Online video courses for anyone aged 17+, registered with a GP in the Leeds CCG area. Sessions deal with a wide range of feelings/symptoms.

<https://leeds.omnitherapy.org/>

## Addiction & Substance misuse

Helplines

### **Al-Anon Family Groups**

For people worried about someone else's drinking

Phone: 0800 0086 811

### **Drinkline**

Advice to those worried about their own, or a loved one's, alcohol use

Phone: 0300 123 1110

### **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

Last updated: 24/04/20

## 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 on managing drinking especially if self-isolated

<https://alcoholchange.org.uk/help-and-support/coronavirus-managing-your-drinking>

### **AdFam**

Telephone support for families

<https://adfam.org.uk/help-for-families/finding-support/call-a-helpline>

### **Drinkaware**

Alcohol Support Services

<https://www.drinkaware.co.uk/alcohol-support-services/>

### **Drug Wise**

Where to get help

<https://www.drugwise.org.uk/where-can-i-get-help/>

### **MIND**

Addiction and dependency resources

<https://www.mind.org.uk/information-support/guides-to-support-and-services/addiction-and-dependency/addiction-and-dependency-resources/>

## 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/>

British Sign Language video about depression and low mood

<https://www.nhs.uk/video/Pages/bsl-depression.aspx>

### **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

Last updated: 24/04/20

<https://www.mentalhealth.org.uk/a-to-z/d/depression>

### **SANE**

Factsheet on depression, symptoms and treatment and support options

<http://www.sane.org.uk/uploads/Depression.pdf>

### **Healthtalk.org**

Videos of people from the UK sharing their personal experiences of depression

<https://healthtalk.org/depression/overview>

## Local Helplines

### Practical Assistance

#### **Leeds City Council**

If you or someone you know is self-isolating and does not have friends or family nearby who can help, volunteers can help with shopping, transport to medical appointments, or a phone call to check how you are.

Phone: 0113 378 1877

<https://www.leeds.gov.uk/coronavirus>

#### **Emergency Childcare Support**

Apply for emergency childcare if your child is vulnerable or you are a key worker.

<https://forms.leeds.gov.uk/RequestForSupport/>

#### **Community Care Volunteering**

If you're healthy and low risk, you can sign-up to become a Community Care Volunteer and help others in Leeds.

<https://doinggoodleeds.org.uk/covid-19-care-volunteering.html>

#### **Leeds Money Information Centre**

Information on services available across the city, in line with the national guidance around managing the impact of coronavirus.

<https://www.leeds.gov.uk/leedsmic/Home>

There is now additional food support available for families and individuals who are experiencing difficulties in accessing food due to financial difficulties or self-isolation.

Phone: 0113 376 0330

<https://www.leeds.gov.uk/leedsmic/emergency-food>

#### **Leeds Bereavement Forum**

Works to develop and improve bereavement services in the city. If you have lost someone and need to find the right support Leeds Bereavement Forum can signpost you to the most appropriate local bereavement services in the city.

Phone: 0113 225 3975 (Tuesday - Thursday)

<http://lbforum.org.uk/services/>

<http://lbforum.org.uk/news-and-events/covid-19-useful-bereavement-links-and-resources/>

#### **Carers Leeds**

Call the advice line if you need information about your caring situation or someone to talk to.

Phone: 0113 380 4300: Mon, Tue, Thu, Fri 9.00am-4.30pm, Wed 8.00am – 6.30pm

<https://www.carersleeds.org.uk/our-support-service/>

## Domestic Violence

### **Leeds Domestic Violence Service**

LDVS works with women, men and families in Leeds, offering emergency accommodation, support, advice and advocacy. LDVS supports anyone experiencing domestic violence and abuse and actively encourages people from LGBT+ communities to access our support.

Phone: 0113 2460401 (24 hour)

<https://ldvs.uk/>

### **Leeds Women's Aid**

A range of services for vulnerable women and families who are victims and survivors of: domestic, sexual & honour based violence and abuse; forced marriage; trafficking; stalking and harassment.

Online live chat available Monday to Friday

<https://leedswomensaid.co.uk/>

## Mental Health

### **LHTH Staff Health & Wellbeing Support Network**

Links to a wide range of support services for staff at Leeds Teaching Hospitals Trust, including details of psychological support drop ins and telephone/video consultations.

<https://www.leedsth.nhs.uk/staffhealthandwellbeingsupportnetwork/>

<https://www.leedsth.nhs.uk/staffhealthandwellbeingsupportnetwork/psychology-staff-support/>

### **Health Education Yorkshire & Humber**

Now running a peer support scheme for NHS trainees. To access this please contact

[peersupport.yh@hee.nhs.uk](mailto:peersupport.yh@hee.nhs.uk) stating clearly that you wish some peer support. You will be matched with another Y&H trainee who has received training in peer support, and then emailed each other's contact details. You can connect when it is mutually convenient – this is confidential, and independent from your training programme, and all about your wellbeing.

<https://www.yorksandhumberdeanery.nhs.uk/covid-19-hee-yh-information>

### **Take Time**

Take Time is a confidential counselling service specifically for junior doctors and dentists within Health Education England working across Yorkshire and the Humber (HEE YH).

Self-referral form available at <https://leeds.onlinesurveys.ac.uk/take-time-client-form-2021>

### **MindWell**

Comprehensive mental health information for everyone in Leeds.

<https://www.mindwell-leeds.org.uk/>

<https://www.mindwell-leeds.org.uk/home/coronavirus-service-updates>

### **MindMate**

Leeds-based website for young people, their families and the professionals who support them. Help to explore emotional wellbeing and mental health issues and offer information about where support is available. If you are a young person (13-17 years) or a parent of a young person (5-17 years), Leeds MindMate SPA (Single Point of Access) will work with local services to help find support for you.

Phone: 0300 555 0324 (Office Hours)

<https://www.mindmate.org.uk/>

Last updated: 24/04/20

### **Leeds Survivor-Led Crisis Service (LSLCS) Connect Helpline**

Connect is a telephone helpline for people living in Leeds. The service provides emotional support and information for people in distress

Phone: 0808 800 1212 (6pm-2am every night of the year)

<https://www.lslcs.org.uk/>

### **Dial House**

Dial House is a place of sanctuary open 6pm–2am every Monday, Wednesday, Friday, Saturday. Currently offering telephone and video based support (using Zoom).

Phone: 0113 260 9328 (6pm-2am)

Text: 07922 249 452

<https://www.lslcs.org.uk/services/dial-house/>

### **Teen Connect**

Teen Connect is a helpline for 13-18 year-olds living in the Leeds area. We can offer up to an hour of support either by phone or online chat. You can have up to an hour with one of our trained staff each night to talk about what you're going through.

Phone: 0808 800 1212 (Mon-Fri 3.30pm–2am; Sat-Sun 6pm–2am)

Text: 0771 566 1559

<https://www.lslcs.org.uk/services/connect-helpline/teen-connect/>

### **ChatHealth**

If you are aged 11-19 years, you can text a 0-19 Specialist Public Health Nurse confidential health support and advice on a range of health issues. You will receive real-time advice on health issues such as sexual health, emotional health and wellbeing, bullying, healthy eating and general health concerns.

Text: 07520 619 750 (8.30am-4.30pm, Monday - Friday)

<https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/0-19-health-and-wellbeing/chathealth/>

### **Aspire**

Aspire is the Leeds Early Intervention in Psychosis Service, providing support to people aged 14 – 65 who are, or may be, experiencing their first episode of psychosis. They can support families and friends as well.

Phone: 0113 200 9170

<https://www.commlinks.co.uk/?service=aspire>

### **Forward Leeds**

Forward Leeds is the alcohol and drug service in Leeds for adults, young people and families.

Phone: 0113 887 24779 (9am-5pm, Mondays and Fridays, 9am-7pm Tuesdays, Wednesdays and Thursdays)

<https://www.forwardleeds.co.uk/>

### **Leeds Mental Wellbeing Service**

Self-referral to support and psychological therapies for common mental health problems, and a range of self-help therapy resources.

Phone: 0113 843 4388 (8am-4pm, Mon-Fri)

<https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/>

### **Support After Rape & Sexual Violence Leeds**

Last updated: 24/04/20

Dedicated Rape Crisis Centre for all women and girls in Leeds affected by rape and sexual violence.  
Phone: 0808 802 3344 (12-2pm Tuesdays & Wednesdays throughout April)  
Text: 07860022880 Email: [support@sarsvl.org.uk](mailto:support@sarsvl.org.uk)  
<http://supportafterrapeleeds.org.uk/>

## 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](http://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](http://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](http://www.b-eat.co.uk)

### **Bipolar UK**

A charity helping people living with manic depression or bipolar disorder.  
Website: [www.bipolaruk.org.uk](http://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](mailto:info@bipolaruk.org)

### **ChildLine**

**Telephone:** 0800 1111

**Website:** [www.childline.org.uk](http://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](http://www.thecalmzone.net)

### **Combat Stress**

For veterans.  
24 Hour helpline: 0800 138 1619  
Website: [www.combatstress.org.uk/](http://www.combatstress.org.uk/)

### **Cruse Bereavement Care**

Last updated: 24/04/20

Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm)

Website: [www.cruse.org.uk](http://www.cruse.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](http://www.mencap.org.uk)

### **Men's Health Forum**

24/7 stress support for men by text, chat and email.

Website: [www.menshealthforum.org.uk](http://www.menshealthforum.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](http://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](mailto:info@moodswings.org.uk)

**Website:** [www.moodswings.org.uk](http://www.moodswings.org.uk)

### **National Domestic Abuse Helpline**

You can call, for free and in confidence, 24-hours a day.

Phone: 0808 2000 247

### **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](http://www.nopanic.org.uk)

### **OCD Action**

Support for people with OCD. Includes information on treatment and online resources.

Last updated: 24/04/20

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](http://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](http://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](mailto: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](http://www.papyrus-uk.org)

### **Rape Crisis**

Live chat helpline – online chat: <https://rapecrisis.org.uk/get-help/live-chat-helpline/about-the-live-chat-helpline/>

Website: [www.rapecrisis.org.uk](http://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](http://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](http://www.samaritans.org.uk)

### **SANE**

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 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](http://www.sane.org.uk/textcare)

Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

Website: [www.sane.org.uk/support](http://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.

Last updated: 24/04/20

### **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](http://www.thesilverline.org.uk)

### **SOBS – Survivors of Bereavement by Suicide**

0300 111 5065

9am – 9pm Monday to Friday

<https://uksobs.org/>

### **Supportline**

Confidential telephone helpline offering emotional support to any individual on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse.

Phone: 01708 765200 (hours vary)

<https://www.supportline.org.uk/>

### **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](http://www.youngminds.org.uk)

### **Victim Support**

Phone: 0808 168 9111 (24-hour helpline)

Website: [www.victimsupport.org](http://www.victimsupport.org)

## COVID-19 information

### **CDC online**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

### **GOV.uk**

<https://www.gov.uk/coronavirus>

### **NHS England**

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

### **NHS 111 online**

<https://111.nhs.uk/covid-19>

### **NHS inform**

<https://www.nhsinform.scot/self-help-guides/self-help-guide-coronavirus-covid-19>

### **World Health Organization**

[https://www.who.int/health-topics/coronavirus#tab=tab\\_1](https://www.who.int/health-topics/coronavirus#tab=tab_1)

Last updated: 24/04/20

## **UNISON**

Coronavirus and your rights at work

[www.unison.org.uk/coronavirus-rights-work/](http://www.unison.org.uk/coronavirus-rights-work/)

## Mental Health

### **Public Health England**

COVID-19: Guidance for the public on mental health and wellbeing

<https://www.gov.uk/government/publications/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

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

### **Rethink Mental Illness**

COVID-19 and mental illness help and advice

[www.rethink.org.uk/advice-and-information/covid-19-support/](http://www.rethink.org.uk/advice-and-information/covid-19-support/)

### **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/>

## 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>

### **Public Health England**

Regularly updated guidance on social distancing in a variety of languages, including information on getting assistance with foods/medicines and looking after mental wellbeing

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>

### **Doctors of the World**

Basic information on coronavirus translated into 34 languages, based on NHS guidelines

<https://www.doctorsoftheworld.org.uk/coronavirus-information/>

## **WHO**

Last updated: 24/04/20

Coping with stress during COVID-19

[Arabic](#)

[Chinese](#)

[English](#)

[French](#)

[Russian](#)

[Spanish](#)

## Further Information

For help with finding further information or resources, please contact the LTHT Library and Information Service

**Email** [lthstafflibraries@nhs.net](mailto:lthstafflibraries@nhs.net) **Phone:** 0113 39 20140

<https://www.leedslibraries.nhs.uk/home/>

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