



Medical Education
Leeds

Library and Information Service

COVID-19 and Wellbeing

Information, resources and helplines

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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: 28/05/20

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

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/>

Blurt Foundation Coronavirus Helpful Hub

This page is designed to answer questions, provide helpful resources and information, and share ideas for coping with the ever-changing landscape we find ourselves in.

<https://www.blurtitout.org/resource/the-coronavirus-helpful-hub/>

Last updated: 28/05/20

The Wellness Society

Coronavirus anxiety workbook. Downloadable PDF workbook to help with anxiety and build resilience. Available in English, Spanish, German, Dutch and Turkish.

<https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/>

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>

Rethink Mental Illness

COVID-19 and mental illness help and advice

<https://www.rethink.org/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/>

Children and Young People

Public Health England

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>

Mentally Healthy Schools

To support school staff, parents and carers during this period of uncertainty and disruption, a fortnightly toolkit of quality assured, practical resources and information to support the mental health and wellbeing of children during this time.

<https://www.mentallyhealthyschools.org.uk/getting-started/coronavirus-and-mental-health/>

WHO

Helping children cope with stress during COVID-19.

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

Coronavirus – A book for children

A free information book explaining the coronavirus to children, illustrated by Gruffalo illustrator Axel Scheffler. The book answers key questions in simple language appropriate for 5 to 9 year olds.

<https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus-A-Book-for-Children.pdf>

Mental Health Foundation

Last updated: 28/05/20

A guide to talking to your children about the coronavirus pandemic.

<https://www.mentalhealth.org.uk/coronavirus/talking-to-children>

National Youth Agency

Useful links and resources for supporting young people during the COVID pandemic, including free 'Staying Well at Home' workbooks for young people aged 11-19 Years old on coping with anxiety and stress, and coping with frustration and anger.

<https://youthworksupport.co.uk/young-people/>

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

<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>

Isolation

Isolation due to COVID-19

Public Health England

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/staying-alert-and-safe-social-distancing>

Last updated: 28/05/20

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>

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/>

Royal College of Occupational Therapists

Staying well when social distancing. Advice to support people who are undertaking social distancing and for families to support their children while schools are closed.

<https://www.rcot.co.uk/staying-well-when-social-distancing>

Leeds Autism AIM

Coronavirus toolkit: managing during lockdown. A series of tools to help you manage during the Coronavirus pandemic. These include information guides, planners, self-advocacy resources to help you speak up and useful links for things to do while we're under lockdown.

<http://leedsautismaim.org.uk/>

Loneliness

Mind

Information and tips for managing loneliness

Last updated: 28/05/20

<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>

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/>

SafeLives

SafeLives is a UK charity dedicated to ending domestic abuse.

<http://safelives.org.uk>

Last updated: 28/05/20

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

GOV.UK- Domestic abuse: how to get help

Central point for government guidance on how to get help if you or someone you know is a victim of domestic abuse. Includes up to date advice on help and exemptions during the coronavirus outbreak.

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

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/>

Last updated: 28/05/20

Elefriends

Supportive online community run by Mind

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

Multimedia resources

NHS

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, currently free for all NHS employees until December 31st 2020.

<https://www.youtube.com/user/GetSomeHeadspace/>

<https://www.headspace.com/nhs#start-your-journey>

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

Last updated: 28/05/20

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

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/>

Working From Home

Working from Home and Wellbeing

Links to sensible sources of advice and tips and tricks to make working at home work for you.

<https://kfh.libraryservices.nhs.uk/learning-zone/career-pathway-and-vocational-skills/working-from-home/>

Mental Health at Work

Last updated: 28/05/20

Coronavirus: Coping with the challenges of working from home. A collection of resources including tips on staying focused, keeping your anxiety levels low, and supporting colleagues who might be having a harder time due to social isolation.

<https://www.mentalhealthatwork.org.uk/toolkit/coronavirus-coping-with-the-challenges-of-working-from-home/>

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/>

For NHS Staff

LTHT 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 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>

Mental Health

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

Last updated: 28/05/20

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/>

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.

Last updated: 28/05/20

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

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

<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

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

Last updated: 28/05/20

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

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

Men's Health Forum

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

Website: 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

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

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

Last updated: 28/05/20

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

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

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.

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

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

Shout Crisis textline

Last updated: 28/05/20

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/>

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

Victim Support

Phone: 0808 168 9111 (24-hour helpline)

Website: 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

Last updated: 28/05/20

<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

UNISON

Coronavirus and your rights at work

www.unison.org.uk/coronavirus-rights-work/

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

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 **Phone:** 0113 39 20140

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

Adapted with thanks from a guide produced by the Library & Knowledge Services team at Greater Manchester Mental Health NHS Foundation Trust