

# HEALTH & WELLBEING SUPPORT DURING COVID

ORGANISATION	CONTACT DETAILS	FURTHER INFORMATION
Hospice UK	Tel: 0300 303 4434	Support available 8am – 8pm, 7 days a week. To discuss anxiety or emotional issues experienced through COVID epidemic.
Shout for support in a crisis	Text: FRONTLINE to 85258	Free 24/7 for mental health text support.
Dying Matters Let's talk about it	Web: <a href="http://www.dyingmatters.org">www.dyingmatters.org</a>	Information about supporting people with local end of life care. Raising awareness of death, dying and bereavement.
Cruse Bereavement Care Helpline	Tel: 08088081677 Email: <a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a>	Staffed by trained bereavement volunteers who offer emotional support to anyone effected by bereavement.
Our Frontline	Text: FRONTLINE to 85258 Tel: 0300 131 7000	Staffed by trained bereavement volunteers who offer emotional support to anyone effected by bereavement.
CALM	Text: FRONTLINE to 85258 Tel: 0800 585 858	Campaign against living miserably. Supports Men specifically, open 5pm – 12am. Campaign against suicide.
CASS	Tel: 0808 800 8088	For women looking for confidential and anonymous self-injury support. Open Monday – Thursday 7pm – 10pm.
Samaritans	Tel: 0300 131 7000	Support if you are feeling overwhelmed. Confidential emotional support, free to access, 7am – 11pm 7 days a week..
Young Minds	Text: YM to 85258	Mental Health advice for Young people. Covers; suicidal thoughts, assault, abuse, self-harm, bullying, relationship issues..
The Good Grief Trust	Helpline: 0800 260 0400	Sudden Bereavement helpline 10am – 4pm Monday – Friday
Alcoholics Anonymous	<a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>	Support with Alcohol addiction.
The Care Workers Charity	<a href="http://www.thecareworkers-charity.org.uk">www.thecareworkers-charity.org.uk</a>	Variety of tools and support to help with physical and emotional wellbeing