

## Mental Health Support

You can find a list of organisations offering mental health support below. The organisations in **BOLD** have specific information and support relating to the Corona virus outbreak and the anxiety that it is creating.

Name of Organisation	What they do	Contact Telephone	Website or link	Opening hours
Samaritans	1:1 over the phone support	116 123	<a href="http://www.samaritans.org/">http://www.samaritans.org/</a>	(free 24 hr helpline)
<b>The Help Hub</b>	<b>Free 1:1 zoom/skype Therapy during the Coronavirus crisis</b>		<a href="https://www.thehelphub.co.uk/">https://www.thehelphub.co.uk/</a>	
<b>Mental Health Foundation</b>	<b>Information specific to coronavirus</b>		<a href="https://mentalhealth.org.uk/coronavirus">https://mentalhealth.org.uk/coronavirus</a>	
NHS Mental Health	Various organisations of support		<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/">https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/</a>	
<b>Mind</b>	<b>Link for urgent help</b>		<a href="https://www.mind.org.uk/need-urgent-help/?ctald=need-urgent-help/using-this-tool/slices/using-this-tool/">https://www.mind.org.uk/need-urgent-help/?ctald=need-urgent-help/using-this-tool/slices/using-this-tool/</a> <a href="https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/</a>	
<b>No Panic</b>	<b>Anxiety specific – supporting you break the chains of anxiety</b>	<b>0844 9674848</b> <b>Youth: 03306061174</b>	<a href="https://nopanic.org.uk/">https://nopanic.org.uk/</a> <a href="https://nopanic.org.uk/panic-attack/">https://nopanic.org.uk/panic-attack/</a> <a href="https://nopanic.org.uk/coronavirus/">https://nopanic.org.uk/coronavirus/</a>	<b>10am-10pm every day</b>
SANE	Supporting Mental Health	0300 304 7000	<a href="http://www.sane.org.uk/what_we_do/support/crisis/">http://www.sane.org.uk/what_we_do/support/crisis/</a>	4.30-10.30pm daily

<b>Anxiety UK</b>	<b>Direct support with coronanxiety – groups and helpline</b>	<b>03444 775774</b>	<a href="https://www.anxietyuk.org.uk/coronanxiety-support-resources/">https://www.anxietyuk.org.uk/coronanxiety-support-resources/</a>	<b>Helpline – weekends 10am-8pm Weekdays 9.30-5.30pm</b>
<b>Rethink Mental Illness</b>	<b>Information and advice relating to coronavirus</b>		<a href="https://www.rethink.org/news-and-stories/blogs/2020/03/managing-your-mental-health-during-the-coronavirus-outbreak/">https://www.rethink.org/news-and-stories/blogs/2020/03/managing-your-mental-health-during-the-coronavirus-outbreak/</a>	
<b>Anna Freud national Centre for Children and Families</b>	<b>Information and advice for parents and carers relating to coronavirus</b>		<a href="https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/">https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/</a>	
<b>NHS</b>			<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/">https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/</a>	
<b>Bristol Mental Health</b>	<b>Crisis and a variety of information</b>		<a href="http://www.bristolmentalhealth.org/services/crisis-service/">http://www.bristolmentalhealth.org/services/crisis-service/</a>	
<b>Gloucestershire Health and care NHS Foundation Trust</b>	<b>Help in a crisis</b>		<a href="https://www.ghc.nhs.uk/crisis/">https://www.ghc.nhs.uk/crisis/</a>	