

# Kendal Integrated Care Community & Primary Care Network



## Resources to Support Mental Health during COVID19

27.5.2020

### **ADULTS: GENERAL**

#### **SOUTH CUMBRIA FIRST STEP**

**0300 555 0345.**

<https://www.lscft.nhs.uk/first-step>

#### **NHS - LSCFT Lancashire & South Cumbria Foundation Trust**

Mental Health Helpline **0800 915 4640**

<https://www.lscft.nhs.uk/Mental-Health-Helpline>

Texting service: Text 'Hello' to **07860 022846**

#### **NHS – EVERY MIND MATTERS**

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

#### **THE LIGHTHOUSE KENDAL**

Community Mental Health Hub including BEACON remote befriending

<https://www.thelighthousecmhh.org>

#### **AGE UK SOUTH LAKELAND**

**01539 728180**

Telephone befriending.

#### **MANNA HOUSE (Kendal)**

**01539 725534**

Support for those who are homeless, vulnerably housed, lonely or needing help.

Telephone advice only Mon-Fri 0930-1500

#### **CARER SUPPORT SOUTH LAKES**

**01539 815970**

Service available via telephone.

<https://carersupportsouthlakes.org.uk/covid19-carer-support-south-lakes/>

#### **ALZHEIMERS SOCIETY**

Welfare and companion calls

**01228 819229** or send an email to

[cumbria@alzheimers.org.uk](mailto:cumbria@alzheimers.org.uk)

**SIGHT ADVICE SOUTH LAKELAND****01539 769055**<http://sightadvice.org.uk/>

Assistance for people who have sight loss.

Telephone and on-line advice and emotional support.

**CANCERCARE KENDAL****Helpline 03330 150628**

Offering support for those affected by cancer.

Telephone support and delivery service – pharmacy and food.

**THE MENTAL HEALTH FOUNDATION**<https://www.mentalhealth.org.uk/our-work/coronavirus-response-mental-health-foundation>

Information about mental health and help to look after self.

**THE BIG WHITE WALL**

Online support and services (including courses), for people living with anxiety, depression and other common mental health issues.

<https://www.bigwhitewall.com/our-work/>**THE GATEWAY CHURCH KENDAL**

How to manage mental health during isolation with Ramin Salehi.

<https://www.youtube.com/watch?v=7S3-WhbdCpE&t=38s>**YELLOW WELLIES**

Mental Wellbeing advice for the farming community in general and young farmers in particular.

[www.yellowwellies.org](http://www.yellowwellies.org)**ANDY'S MAN'S CLUB**

Non-judgmental, talking group for men.

[https://www.facebook.com/pg/andysmanclub/about/?ref=page\\_internal](https://www.facebook.com/pg/andysmanclub/about/?ref=page_internal)**MIND****0300 123 3393**<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>**BLURT IT OUT**

Helpful resources provided by BLURT, a social enterprise dedicated to helping those affected by depression.

<https://www.blurtitout.org/resource/the-coronavirus-helpful-hub/>**RETHINK**<https://www.rethink.org/advice-and-information/covid-19-support/>

**SAMARITANS****116 123**

<https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

**WHO**

<https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf>

**QWELL On-Line Counselling**

<https://www.qwell.io/>

**FRAZZLED CAFÉ**

<https://www.frazzledcafe.org/about>

A place where people who are feeling frazzled, can share their personal stories in a safe, anonymous and non-judgmental environment. Currently hosted on-line only by Ruby Wax.

**ANXIETY UK**

03444 775774

Text Service 07537 416905

<https://www.anxietyuk.org.uk/coronanxiety-support-resources/>

**LGBT FOUNDATION**

0345 3303030

<http://lgbt.foundation>

Advice, support and information including counselling and befriending.

**NO PANIC**

**0330 606 1174** (Weekdays 15:00 – 18:00)

Support for people who suffer from panic attacks, phobias, OCD, and other related anxiety disorders.

[www.nopanic.org.uk](http://www.nopanic.org.uk)

**MIND OUT**

01273 234839

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

LGBT+ Mental Health Service

**SWITCHBOARD LGBT+ Helpline**

0300 330 0630

<https://switchboard.lgbt>

A listening service for LGBT+ people on the phone, by email and through instant messaging.

## **SILVERLINE**

**0800 470 8090**

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

## **RECOVERY COLLEGE ON-LINE**

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

On-line course – ‘Coping During the Pandemic’

## **HOME WORKING - Staying Healthy**

<https://www.harrow.gov.uk/downloads/file/27307/staying-healthy-for-home-workers-during-the-covid-19-outbreak>

## **CRUSE BEREAVEMENT SUPPORT**

**0808 808 1677**

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

## **AT A LOSS - BEREAVEMENT SUPPORT**

<https://www.ataloss.org/Pages/FAQs/Category/coronavirus-pandemic>

Information, advice and live chat counselling.

## **SELF HARM & SUICIDE:**

### **ACTION FOR WELLBEING**

Support for those with suicidal thoughts and for those affected by suicide.

<https://www.actionforwellbeing.uk/about/>

### **EVERY LIFE MATTERS**

Wellbeing and Mental Health During Covid 19: A Guide to looking after yourself and others

<https://www.every-life-matters.org.uk>

### **ZERO SUICIDE ALLIANCE**

<http://www.zerosuicidealliance.com/training/>

On-line suicide prevention training provided by a collaborative of National Health Trusts, business and individuals all committed to suicide prevention.

### **SAFA**

Self Harm Awareness For All

**01229 832269**

<https://safa-selfharm.com/covid-19-resource>

Email: [manager@safa-selfharm.com](mailto:manager@safa-selfharm.com)

Anyone requiring emotional support during this difficult time can ring the SAFA Covid 19 helpline above or email.

## **ADDICTION:**

### **UNITY (Kendal)**

**01539 244004**

NHS substance misuse service.

Supporting existing clients over the telephone; but will also advise and signpost others.

### **CADAS (Kendal)**

Cumbria Alcohol and Drug Advisory Service.

<https://cadas.co.uk/kendal/>

New Addiction Helpline: 0800 2 54 56 58 (Mon–Sat 11am–8pm)

[contact@cadas.co.uk](mailto:contact@cadas.co.uk) (for immediate call back requests, advice and guidance Mon–Friday 10am–5pm)

### **THE WELL**

Supporting people recovering from drug and alcohol addiction.

**01229 829832** or

Richard Hancock Mobile **07444 907135**

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

and, public Facebook Page - discussions and on-line activities

<https://en-gb.facebook.com/groups/thewellcommunities/1414681181915274/>

## **DOMESTIC VIOLENCE:**

### **SPRINGFIELD DOMESTIC ABUSE SUPPORT KENDAL**

**01539 720313**

<https://springfieldsupport.org/>

### **VICTIM SUPPORT DOMESTIC VIOLENCE SERVICE SOUTH CUMBRIA**

[cumbriaidsva@victimsupport.org.uk](mailto:cumbriaidsva@victimsupport.org.uk)

#### **Live Chat Service**

<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat>

**0808 16 89 111**

### **BOOTS SAFE PLACE**

Access to pharmacy consultation rooms for victims of domestic abuse where they can contact specialist domestic abuse services for support and advice.

<https://www.boots-uk.com/our-stories/boots-pharmacy-consultation-rooms-become-safe-spaces-for-victims-of-domestic-abuse/>

### **REFUGE**

**0808 2000 247**

24 Hour National Domestic Abuse Helpline

## **WOMENS AID**

<https://www.womensaid.org.uk/members-area-home/members-area-home-covid-19-members-resource-hub/>

## **SAFER LIVES**

Reach In campaign

<https://safelives.org.uk/reach-in>

## **NATIONAL LGBT+ DOMESTIC ABUSE HELPLINE**

**0800 9995428**

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

## **MANKIND**

**01823 334244**

Confidential help for male victims of domestic abuse

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

## **RESPECT Men's Advice Line**

**0808 8024040**

Male victims and perpetrators of domestic abuse.

<http://respect.uk.net/>

**THE BRIDGEWAY** - Support for victims of rape or serious sexual assault.

**0808 1187432** or call **999** if in immediate danger.

<https://www.thebridgeway.org.uk/#>

## **LEARNING DISABILITY AND AUTISM:**

### **PEOPLE FIRST - Learning Disability and Autism Support**

Chat and Check service for people with learning difficulties and / or autism.

Contact Chris Tolley on 07763 546116 or [chris.tolley@wearepeoplefirst.co.uk](mailto:chris.tolley@wearepeoplefirst.co.uk)

<https://wearepeoplefirst.co.uk/news/people-first-launch-new-phone-support-service-chatcheck/>

### **NATIONAL AUTISTIC SOCIETY**

Telephone service suspended for the time being. Use on-line help enquiry form in 'Contact Us'

<https://www.autism.org.uk/services/helplines/coronavirus.aspx>

### **THE CURLY HAIR PROJECT**

Support for people on the autistic spectrum and the people around them.

<https://thegirlwiththecurlyhair.co.uk>

## **CHILDREN, YOUNG PEOPLE & FAMILIES:**

**WHO** Guidance to support children

[https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\\_2](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2)

**UNICEF** Advice for parents.

<https://www.unicef.org/media/67211/file>

**NHS 'MENTAL HEALTH FAMILY HOUR' WEBINAR**

<https://eastlancscg.nhs.uk/news/1025-mental-health-family-hour-free-live-webinar-every-tuesday-at-10am>

**KOOTH** On-line Counselling for Young People

<https://www.kooth.com/>

**CHILDLINE**

**0800 1111**

**ACTION FOR CHILDREN**

Support for families during COVID19

<https://www.parents.actionforchildren.org.uk/covid-19-advice-support>

And 'Build Sound Minds'

<https://minds.actionforchildren.org.uk>

**ANNA FREUD NATIONAL CENTRE FOR CHILDREN AND FAMILIES**

COVID Advice and support for children, young people, parents and carers.

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

**MINDHEART**

Link to booklet for families to download, to enable them to explain COVID to children under 7.

<https://www.mindheart.co/descargables>

**YOUNG MINDS** - Support for young people and advice for parents

**0808 802 5544** – Parents Helpline

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

**THE MIX** – Under 25's Helpline

**0808 808 4994**

**TEXT Service THEMIX to 85258**

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

**HEALTHY YOUNG MINDS**

<https://www.healthyyoungmindsisc.co.uk/home>

Advice, guidance and support related to children and young people's mental health and emotional wellbeing.

## **5-19 SCHOOL AGE PUBLIC HEALTH NURSE PRACTITIONER SERVICE**

E-school Nurse it is now available for professionals AND parents across the age ranges – however it is about general health needs not just mental health.

<https://www.cumbria.gov.uk/ph5to19/>

## **CAMHS - Child & Adolescent Mental Health Support**

Resources including during COVID19

<https://www.camhs-resources.co.uk>

## **NHS LSCFT Extended CAMHS 24/7 support for children and young people**

<https://www.lscft.nhs.uk/crisis>

## **FAMILY LINE**

Providing family support - information and advice, emotional support, befriending and access to short term counselling.

**0808 8026666**

Text **07537 404282**

Email: [familyline@family-action.org.uk](mailto:familyline@family-action.org.uk)

## **ICON**

Information about infant crying and how to cope

<http://iconcope.org/#>

## **CHILD BEREAVEMENT UK**

Guidance, support and information to support families.

**0800 02 888 40** Monday – Friday, 9am – 5pm (except Bank Holidays).

Live Chat via website.

<https://www.childbereavementuk.org/pages/category/coronavirus>

Email: [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

## **CHILDHOOD BEREAVEMENT NETWORK**

<http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx>

## **HOPE AGAIN**

Cruse Bereavement support for young people

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

## **SOLIHULL APPROACH**

Free online courses for families in Cumbria:

Understanding your pregnancy, birth, labour and your baby; Understanding your baby; Understanding your child; Understanding your teenager's brain.

<http://www.inourplace.co.uk/>

Use the Access Code: **WORDSWORTH**



## **'WE WILL' MENTAL HEALTH CAMPAIGN**

<https://www.ewanrigg.com/wewill>

## **THE CHILDREN'S SLEEP CHARITY**

Tips for parents on sleep hygiene

<https://www.thechildrenssleepcharity.org.uk/leaflets.php>

## **ACTIVITIES:**

### **DIGNITY IN DEMENTIA - Keeping active in the home**

[http://www.dignityindementia.org/wp-content/uploads/2020/03/Remain-active-in-the-home.pdf?](http://www.dignityindementia.org/wp-content/uploads/2020/03/Remain-active-in-the-home.pdf?fbclid=IwAR2aIR3_7R9ff3jcgQW6u_kinJuCJ2OxGhRpJX6i5DhmNWq92zi69qNwo3g)

[fbclid=IwAR2aIR3\\_7R9ff3jcgQW6u\\_kinJuCJ2OxGhRpJX6i5DhmNWq92zi69qNwo3g](http://www.dignityindementia.org/wp-content/uploads/2020/03/Remain-active-in-the-home.pdf?fbclid=IwAR2aIR3_7R9ff3jcgQW6u_kinJuCJ2OxGhRpJX6i5DhmNWq92zi69qNwo3g)

### **ARTS4DEMENTIA**

<https://arts4dementia.org.uk>

### **SPACE2CREATE KENDAL**

(Facebook Page contains activity for existing clients; and walk –through exhibition)

[https://www.facebook.com/watch/?v=302488327386864&external\\_log\\_id=40f296f-b48f24f7f38bc6840087002a4&q=soace2create](https://www.facebook.com/watch/?v=302488327386864&external_log_id=40f296f-b48f24f7f38bc6840087002a4&q=soace2create)

### **BREWERY ARTS KENDAL**

Activities via ZOOM

<https://www.breweryarts.co.uk/whats-on/creative-learning/>

### **MISP\_Mindfulness In Education**

Daily on-line Mindfulness sessions for families

<https://mindfulnessinschools.org/misp-sit-together/>

### **REDTEDART**

Arts and crafts ideas.

<https://www.redtedart.com/?cn-reloaded=1>

### **CHATTER PACK**

List of free, online boredom-busting resources.

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

### **JOE WICKS DAILY PE on Facebook**

<https://www.facebook.com/JoeWicksTheBodyCoach/videos/243516396683639/>

### **CUMBRIA COUNTY COUNCIL - COMMUNITY LEARNING**

Free on-line classes and courses

<https://www.cumbria.gov.uk/learningandskills/?show=all>

## **APPS:**

**HEADSPACE**

<https://www.headspace.com/headspace-meditation-app>

**THE MINDFULNESS APP**

<https://themindfulnessapp.com/>

**CALM**

<https://www.calm.com/>