

Lockdown Support Links

Reach out for advice and help when you need it...



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Samaritans (call 116 123 for free): <https://www.samaritans.org>

Latest information on coronavirus: <https://www.gov.uk/coronavirus>

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

Q&A from Public Health England on coronavirus:

<https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>

FAQ from the Cabinet Office:

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

Public Health England's guidance about coronavirus (COVID-19) for health professionals and other organisations: <https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

PPE guidance hub:

<https://www.gov.uk/government/collections/coronavirus-covid-19-personal-protective-equipment-ppe>

The latest travel advice can be found here: <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

Ministry of Housing, Communities and Local Government Twitter: <https://twitter.com/mhclg>

Suffolk Resilience Covid-19 Resource Centre:

<https://www.suffolkresilience.com/covid-19/covid-19-resource-centre>

Suffolk County Council Covid-19 information: <https://www.suffolk.gov.uk/coronavirus-covid-19/>

Support from Suffolk County Council, including useful links to services including Home, But Not Alone; Single Point Access; benefits and housing; food banks; Suffolk InfoLink and The Warm Handover:

<https://www.suffolk.gov.uk/coronavirus-covid-19/suffolk-advice-and-support-service/>

Suffolk County Council – Find support in your area:

<https://www.suffolk.gov.uk/care-and-support-for-adults/keep-well-and-active/find-support-in-your-area/>

East Suffolk Council – Covid-19 information: <https://www.eastsuffolk.gov.uk/features/covid-19/>

Suffolk Family Carers, working together to ensure family carers are visible, valued, supported and connected – Covid-19 information, guidance and support: <https://suffolkfamilycarers.org/covid-19/>

Community Action Suffolk – Useful information, resources and tools to support volunteers and organisations during Covid-19:

<https://www.communityactionsuffolk.org.uk/covid-19-response/covid-response-communities/>

Home-Start in Suffolk – Helpful links for families and volunteers:

<https://www.homestartinsuffolk.org/supportforfamilies>

Action for Happiness helps people take action for a happier and kinder world:

<https://www.actionforhappiness.org>

Suffolk Libraries – Links for your health and wellbeing:

<https://www.suffolklibraries.co.uk/advice/health-and-wellbeing/links-for-your-health-and-wellbeing>

The Royal College of Paediatrics and Child Health (RCPCH) have created useful information, posters and a video with advice:

<https://www.rcpch.ac.uk/resources/advice-parents-young-people-during-coronavirus-posters#downloadBox>

Age UK – Get information on age-related health conditions, tips and advice on staying fit and healthy, as well as information on dealing with health services and leaving hospital:

<https://www.ageuk.org.uk/information-advice/health-wellbeing/>

Anxiety UK offers a range of useful information, resources and support for helping you understand how to deal with your anxiety during these difficult times:

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

Behind the Headlines with the NHS. Analysing health stories in the news to see how much truth there is behind them: <https://www.nhs.uk/news/>

Increasing Awareness and Understanding of Depression with Blurt and their Mental Health Toolkit:

<https://www.blurtitout.org/resource/mental-health-toolkit>

Suffolk Constabulary – Report online, call 101, in an emergency dial 999. Advice and information from Suffolk police: <https://www.suffolk.police.uk>

Lighthouse Women's Aid – A charitable organisation based in Suffolk providing emotional support to women, young people and children experiencing domestic abuse in their personal or family relationships:

<http://lighthousewa.org.uk>

Helplines from Lighthouse Women's Aid – In an emergency, or if you feel in danger, call 999 immediately. You can do this from a mobile even if you don't have credit. However, if you need to talk, you'll find some Suffolk and National helplines that you can reach out to here:

<http://lighthousewa.org.uk/need-help/helplines/>

Respect, Men's advice line – The helpline for male victims of domestic abuse:

<https://mensadviceline.org.uk>

Childline – Call 0800 1111: <https://www.childline.org.uk>

Useful coronavirus information from Childline: <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

DAS (Disability Advice Service) East Suffolk – Enabling those who live with disabilities to gain the same rights and quality of life opportunities as others: <http://www.daseastsuffolk.org>

Information from Bupa about a number of mental health conditions, as well as details of treatments and support: <https://www.bupa.co.uk/health-information/mental-health>

An app from Calm promoting sleep and meditation: <https://www.calm.com>

An app from Calm Harm designed to help people resist or manage the urge to self-harm:

<https://calmharm.co.uk>

The CAMHS Resources site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and wellbeing: <https://www.camhs-resources.co.uk>

Change4Life is here to help your family be healthier and happier by eating well and moving more: <https://www.nhs.uk/change4life/about-change4life>

Childline – Staying Healthy: Staying healthy is an important part of growing up and it can affect you physically and emotionally. When your body changes during puberty and you have to deal with things like school and exams, staying healthy can really help you:
<https://www.childline.org.uk/info-advice/you-your-body/my-body/staying-healthy>

Coronavirus – A book for children about Covid-19: A free information book explaining the coronavirus to children: <https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

Want to change the way you drink? Get the free app from Drinkaware; track your alcohol consumption and spend over time, calculate units and calories and set goals to help you moderate your drinking:
<https://www.drinkaware.co.uk/tools/track-and-calculate-units-app>

Every Mind Matters – Mental health advice and support from the NHS:
<https://www.nhs.uk/oneyou/every-mind-matters/>

Reliable and relevant videos from Headspace on YouTube:
<https://www.youtube.com/user/GetSomeHeadspace/videos>

How to Have Difficult Conversations with Children from NSPCC Learning:
<https://learning.nspcc.org.uk/safeguarding-child-protection/how-to-have-difficult-conversations-with-children>

Independent Age can help you find reliable health information online: <https://www.independentage.org/get-advice/health/living-long-term-health-conditions/how-to-find-reliable-health-information-online>

LLTTF (living life to the full) – Free online courses covering low mood, stress and resiliency: <https://lltff.com>

Marie Curie Bereavement Support – Support for the bereaved:
<https://www.mariecurie.org.uk/help/support/bereaved-family-friends>

MeeTwo – A safe and secure forum for teenagers wanting to discuss any issue affecting their lives:
<https://www.meetwo.co.uk>

Mental Health Foundation – Looking after your mental health during the coronavirus outbreak:
<https://www.mentalhealth.org.uk/coronavirus/mental-health-tips>

Mind – Coronavirus and your wellbeing:
<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

Wellbeing Suffolk – Wellbeing Suffolk provide a range of support for people with common mental health and emotional issues, such as low mood, depression or stress: <https://www.wellbeingnands.co.uk/suffolk/>

The Mix – Mental health advice and support for 13-25s. Lots of information about mental health, from anxiety and depression to self-care and counselling: <https://www.themix.org.uk/mental-health>

National Autistic Society – Autism and coronavirus advice and support:
<https://www.autism.org.uk/advice-and-guidance/topics/coronavirus>

NHS Apps Library – Apps and online tools to help you manage your health and wellbeing:

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

NHS Employers – Health, safety and wellbeing:

<https://www.nhsemployers.org/covid19/health-safety-and-wellbeing>

NHS – Live Well: Advice, tips and tools to help you make the best choices about your health and wellbeing:

<https://www.nhs.uk/live-well/>

The National Institute for Health and Care Excellence (NICE): NICE issues guidelines outlining which services and treatments are recommended nationally: <https://www.nice.org.uk/guidance>

P.E. with Joe – Daily P.E. Lessons for kids from Joe Wicks:

<https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQafyve889qVcPxYEjdSTl>

Reading Well – Book lists containing accredited and helpful reading to support health and wellbeing:

<https://reading-well.org.uk>

Talking to your child about coronavirus – Support from the Young Minds organisation:

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

Everyday living – Advice and support from Mind:

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

World Cancer Research Fund – Men’s health guide:

<https://www.wcrf-uk.org/uk/health-advice-and-support/resources-cancer-prevention/mens-health-guide>

World Cancer Research Fund – Women’s health guide:

<https://www.wcrf-uk.org/uk/health-advice-and-support/resources-cancer-prevention/womens-health-guide>

Worry Tree – Notice, record and manage worries using cognitive behavioural therapy techniques:

<https://www.worry-tree.com>

Young Minds – What to do if you’re anxious about Coronavirus:

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>



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