

Helplines Information Sheet



Organisations that offer support on some of the issues raised in this questionnaire.

Coronavirus (COVID-19)

Coronavirus explained: <https://coronavirusexplained.ukri.org/en/>

Government guidelines: www.gov.uk/coronavirus

NHS advice: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms>

In addition, the following websites may be helpful if you are experiencing Long-COVID:

An online support group for Long COVID:

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

NHS website with information on recovering from COVID:

<https://www.yourcovidrecovery.nhs.uk/>

Mind

Advice and support for anyone with a mental health problem

Tel: 0300 123 3393

(9am–6pm, Mon–Fri)

www.mind.org.uk

Text: 86463

The Samaritans

Emotional support for everyone

Tel: 116 123 (24 hours)

www.samaritans.org

Your local GP

Children of the 90s always recommend that you speak to your GP (doctor) if you have any concerns about your health.

www.nhs.uk/service-search

Refuge

Support, information and advocacy for women and children experiencing violence and abuse.

refuge.org.uk

Respect

Confidential advice and support for men experiencing domestic violence and abuse by a current or ex-partner or family member.

mensadvice.org.uk

Victim support

Provides emotional and practical support for people affected by crime and traumatic events.

victimsupport.org.uk

Advisory Conciliation and Arbitration Service (ACAS)

Provides information, advice, training, conciliation and other services for employers and employees to help prevent or resolve workplace problems.

acas.org.uk

Hope Again

Information and support for young people and families after a bereavement.

hopeagain.org.uk

Citizens Advice

Free, confidential information and advice on your rights including with money, housing, legal and other problems, as well as coronavirus advice.

citizensadvice.org.uk

Shelter

Provides free, confidential advice on housing and homelessness, including an online chat and helpline.

england.shelter.org.uk

National Debtline

Free debt advice over the phone and online.

0808 808 4000
nationaldebtline.org