



If you're worried about the impact of coronavirus on your children's mental health, you are not alone. Tips, advice and guidance on where you can get support for your mental health during the coronavirus (COVID-19) pandemic.

They have a handy section for parents, teachers and professionals to use and seek advice from.

[https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/?gclid=EAlalQobChMlvIPog7GV6qIVGLd3Ch3PvAEREAAYBCAAEgIKrPD\\_BwE](https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/?gclid=EAlalQobChMlvIPog7GV6qIVGLd3Ch3PvAEREAAYBCAAEgIKrPD_BwE)



No Panic is a registered charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders.

No Panic also provides support for the carers of people who suffer from anxiety disorders.

Severe anxiety and phobic disorders are a major and widespread problem. Recent surveys indicate that they affect up to 18% of the population of the United Kingdom.

It has a youth section.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

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



They provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding and the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: [www.mind.org.uk](http://www.mind.org.uk)



“Children still need us more than ever”

The coronavirus is continuing to make life tough for children. Lockdown may be easing but life is far from normal. Some children are still struggling with anxiety and suicidal thoughts. Many are trapped in unsafe homes. That's why it's vital Childline is still here for children, to give them somewhere to turn.

Children's charity dedicated to ending child abuse and child cruelty. For both adults and children with worries.

Phone: 0800 1111 for Childline for children (24-hour helpline)

0808 800 5000 for adults concerned about a child (24-hour helpline)

Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)



**Do you often feel anxious, fearful or stressed?** You're not alone. There are millions of people like you.

Anxiety UK can offer you an extensive range of expert help designed to help you to control you're anxiety rather than letting it control you.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm) Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

Young suicide prevention society. They provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through their helpline, HOPELINEUK.

Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)



Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: [www.rethink.org](http://www.rethink.org)

Their vision is for equality, rights, the fair treatment and maximum quality of life for all those affected by mental illness, their carers, family and friends. As one of the largest charitable providers of services for people living with mental illness, they are well placed to make a direct impact on the care people receive.

[https://www.rethink.org/advice-and-information/carers-hub/getting-help-in-a-crisis/?gclid=EAlaIQobChMlvIPog7GV6gIVGLd3Ch3PvAEREAAYAAEgKU5vD\\_BwE](https://www.rethink.org/advice-and-information/carers-hub/getting-help-in-a-crisis/?gclid=EAlaIQobChMlvIPog7GV6gIVGLd3Ch3PvAEREAAYAAEgKU5vD_BwE)



CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Anyone can hit crisis point. They run a free and confidential helpline and webchat – 7 hours a day, 7 days a week for anyone who needs to talk about life's problems.

The Campaign Against Living Miserably (CALM) is leading a movement against suicide, the single biggest killer of men under 45 in the UK and the cause of 18 deaths every day.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: [www.thecalmzone.net](http://www.thecalmzone.net)



### Men's Health Forum

24/7 stress support for men by text, chat and email. It is tough for men to ask for help sometimes but if you do not ask when you need it, things generally get worse, especially during a major pandemic like Covid-19.

Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)



Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

You may be feeling more worried or unsettled by what's going on in the world. It might feel like things are changing, and there is a lot that's outside of our control. Because of coronavirus, there are a lot of unknowns about the immediate and long-term future, and it's becoming clearer that we are going to have to do things a little differently, particularly in the way we live our day-to-day lives. It's natural that this uncertainty and change will affect people's mental wellbeing. At Samaritans, they are committed to helping those who are struggling, however they can.

They have a section for schools, young people and parents and carers.



During the global coronavirus pandemic we are facing a tragic loss of life, often under very difficult circumstances.

Bereaved people may have to deal with increased trauma, and may be cut off from

some of their usual support network. Those who are already struggling with bereavement, or whose relatives or friends die through other causes will also be affected. Cruse have put together resources to share how bereavement and grief may be affected by this pandemic. It covers some of the different situations and emotions bereaved people may have to deal with. They will be adding to and updating this information as the situation develops.

Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm) Website: [www.cruse.org.uk](http://www.cruse.org.uk)

<https://www.childbereavementuk.org/> <https://www.griefencounter.org.uk/> <https://www.winstonswish.org/>



Family Lives is a charity helping parents to deal with the changes that are a constant part of family life. They know that many people play active roles in raising children, from dads and mums, grandparents, stepparents and non-resident parents. Their role is to support all of

you to achieve the best relationship possible with the children that you care about, as well as supporting parenting professionals. They believe that happy children come from happy families and currently support families to improve the outcomes for over 1 million children each year.

They recognise that the best way to support families is to provide professional, non-judgmental support and advice in a way that all members of the family can freely access. They provide this through their helpline, extensive advice on their website, befriending services, and parenting/relationship support groups. Nearly all of their services are accessible at no charge to parents and you can contact them 365 days a year.

Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: [www.familylives.org.uk](http://www.familylives.org.uk)



The UK's largest provider of relationship support. Their services include Relationship Counselling for individuals and couples, Family Counselling, Mediation and Children and Young People's Counselling. They also provide friendly and informal workshops for people at important stages in their relationships.

They have a network of Relate Centres across the UK and a group of licensed local counsellors that provide face-to-face counselling and support. They also provide phone, email and Live Chat counselling so you can choose the support that works for you.

Their relationship help pages offer practical tips, guides and videos to help you manage common relationship issues

Website: [www.relate.org.uk](http://www.relate.org.uk)