

Whitfield PCN Social Prescribing resources- Covid-19-18.3.20

If you would like some more support and information about your particular condition and what you can do to help keep yourself healthy during the Covid-19 outbreak take a look at the websites below. Many of them have a telephone helpline for those who prefer to use that. Some of them have an online chat function and forums where you chat to people in a similar situation.

Most of these national services have specific Covid-19 advice or will have in the coming days.

Mind-National helpline for Mental health support, web advice and online chat

0300 123 3393-mind.org.uk or text 86463-no update, assume open

Saneline-national mental health helpline

0300 304 7000-sane.org.uk Open 4.40-10pm, text, call back and web forum –No update, assume open

Samaritans-national helpline for anyone

116 123-samaritans.org-updated, open

Rethink Mental Illness-National helpline for over 16's with mental illness and their families, web advice and forum

0300 304 7000-rethink.org-no update, assume open

Mental Health Foundation-website with wellbeing advice, has specific advice on how to keep mentally well during Covid-19

Mentalhealth.org-Online only, lots of Covid-19 advice

Scope-National helpline for anyone with a disability, web advice, online chat and forum

0808 800 3333-scope.org.uk-updated, open

Diabetes UK-National helpline, web advice, online chat and forum for diabetes

0345 123 2399-diabetes.org.uk-updated, open, lots of covid-19 advice

British Heart Foundation-National helpline and web advice for heart and circulatory disease

0300 330 3311-bhf.org.uk-updates, open, lots of covid-19 advice

Asthma UK-National helpline and web advice for asthma

0300 222 5800-asthma.org.uk-updated, open, lots of covid-19 advice

Age UK-National helpline(Freephone) and web advice for older adults

0800 678 1602-ageuk.org.uk-updated, open, covid-19 advice

The Silver line-National helpline for over 55's, advice, telephone befriending, local 1:1 help and groups

0800 470 8090-thesilverline.org.uk-no update, assume open, does have some covid-19 advice