

MENTAL HEALTH SERVICES & COUNSELLING

PLEASE CLICK TITLES AND/OR IMAGES FOR LINKS TO RELEVANT CONTENT

WESTMINSTER CONNECTS

Coronavirus can affect our mental health and wellbeing. You may feel low, anxious, concerned about your health or that of those close to you. It's important that you take care of your mind as well as your body and get further support if you need it.

You can find information [HERE](#) for tips and simple steps you can take to look after your wellbeing during the coronavirus outbreak.



COPING WITH GRIEF

Grief Encounter offers free support to bereaved children and their families to help alleviate the pain caused by the death of someone close. Their website provides useful resources and advice for navigating these difficult times. They also run a free helpline (**0808 802 0111**) open Monday-Friday, 9am to 9pm.



BODY & SOUL

Body & Soul is providing a weekly MindSET Livestream session that will be accessible to any young person in psychological distress.



TALKING THERAPIES

Support during the Coronavirus lockdown.



EVERY MIND MATTERS

Every Mind Matters offers tips and advice for things you can do now to help keep on top of your mental wellbeing and cope with how you feel while staying at home.



It's also important to get further support if you need it. Both the numbers below are open 24 hours a day, seven days a week:

The Samaritans – call 0330 094 5717 or freephone 116 123

The NHS Single Point of Access Line - 0800 0234 650