

Social Prescribing COVID-19 information and support

NHS advice about Coronavirus (COVID-19)

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

Support for those with a medical condition that makes them extremely vulnerable to Coronavirus (COVID-19)

<https://www.gov.uk/coronavirus-extremely-vulnerable>

Support available for frail and vulnerable patients in the county

<https://www.hants.gov.uk/socialcareandhealth/coronavirus/volunteer-welfare>

Advice on symptoms and protecting oneself

<https://www.bbc.co.uk/news/health-51048366>

Coronavirus anxiety: how to cope if you're feeling anxious about the outbreak

<https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/>

Coronavirus and your wellbeing

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

Crisis:

Following for anyone in crisis:

- Ring or text a friend/family member.
- The Samaritans - 116 123. 24/7, 365 days a year <https://www.samaritans.org/>
- Shout - text 85258. 24/7 text service <https://www.giveusashout.org/>
- CALM - 0800 585858, 5pm to midnight 365 days, web chat available too. <https://www.thecalmzone.net/help/get-help/>
- Saneline - 0300 3047000, 4.30-10.30pm http://www.sane.org.uk/what_we_do/support/

Finance/Money

- Government advice (fit note alternatives, self employed, statutory sick pay, support for businesses) <https://www.gov.uk/government/publications/support-for-those-affected-by-covid-19/support-for-those-affected-by-covid-19>
- Citizens Advice Bureau - 03444 111444. Benefits and debt advice, housing and consumer advice <https://www.citizensadvice.org.uk/>

Leisure/isolation ideas

Entertainment and learning

- Apple audio books – free <https://apps.apple.com/gb/app/free-audiobooks/id1021707022>
- Google Play, audio books – first book is free https://play.google.com/store/apps/details?id=com.audible.application&hl=en_GB
- Google podcasts - discover and listen to the world's podcasts https://play.google.com/store/apps/details?id=com.google.android.apps.podcasts&hl=en_GB
- Future Learn - <https://www.futurelearn.com>
- Reed - <https://www.reed.co.uk/courses/free>

Outdoors/nature

- New Forest National Park www.newforestnpa.gov.uk
- National Trust to keep its parklands and gardens open for free during the coronavirus period (houses and cafes shut).
- Plant seeds on the window sill, grow herbs etc.

5 ways to wellbeing:

1. Connect (social connections sadly reduced for some at present)
2. Keep learning
3. Be active
4. Take notice
5. Give

Online support communities

- Elefriends - virtual peer support group to share experiences and listen to others
<https://www.elefriends.org.uk/>
- Do it charity (voluntary work) is liaising with the government and partners as to how they can best support people/communities at this time. Details to be released.
<https://do-it.org/>
- Facebook - local pages are gathering pace for volunteers to help those isolated/elderly.
- Mental Health Forum - support forum for varied mental health issues - anxiety, depression, PTSD, phobias, personality disorders, self harm etc.
<https://www.mentalhealthforum.net/>
- No More Panic - for sufferers and carers of people with panic, anxiety, obsessive compulsive disorders and phobias.
<https://www.nomorepanic.co.uk/>
- Sane - online support forum and blogs on experience.
http://www.sane.org.uk/what_we_do/support/

Mental health and wellbeing:

- Breathing exercises
<https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>
- How to improve your wellbeing
<https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>
- How to protect your mental health, including the "Apple" technique to deal with anxiety and worries
<https://www.bbc.co.uk/news/health-51873799>
- Looking after your mental health
<https://www.nhs.uk/oneyou/every-mind-matters/>
- Mental wellbeing audio guides to help boost mood
<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>
- Mindfulness
<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

- Relaxation tips
<https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/>
- Stress, sleep, meditation and movement: Headspace, currently first 2 weeks are free.
<https://www.headspace.com/>
- Tracking mood - measure mood daily using online game card to visually see the triggers of one's moods.
<https://www.moodscope.com/>
- Wellbeing apps from NHS and italk
<https://www.nhs.uk/apps-library/category/mental-health/>

[https://www.italk.org.uk/uploads/downloads/Updated%20apps%20final%20-%20print%20doublesided%20\(1\).pdf](https://www.italk.org.uk/uploads/downloads/Updated%20apps%20final%20-%20print%20doublesided%20(1).pdf)

Social Services:

- Adults, daytime: 0300 5551386, after 5pm: 0300 5551387
- Children, daytime: 0300 5151384, after 5pm: 0300 5551373

Manage care, stay independent and connect to one's community

<https://www.connecttosupporthampshire.org.uk/>

Specific conditions and those most at risk

- Anxiety UK - 08444 775774. Supporting anyone with anxiety, panic attacks or phobias
<https://www.anxietyuk.org.uk/>
- Asthma UK - 0300 222 5800. Advice and support
<https://www.asthma.org.uk/>
- Bipolar UK - 0333 3233880. Supporting those with the bipolar condition
<https://www.bipolaruk.org/>
- COPD: British Lung Foundation - 0300 030555. Helpline and support for those with COPD
<https://www.blf.org.uk/support-for-you/copd>
- Cancer: Macmillan cancer support - 0808 8080000. Information and support including financial
<https://www.macmillan.org.uk/>

Jane Scarth House - 01794 830374 support centre, Romsey
<https://www.janescarthhouse.co.uk/>

Waterside cancer support centre - 02381 780409, Hythe
<https://www.wessexcancer.org.uk/waterside>
- Chronic heart disease: British Heart Foundation - 0300 3303311. Support for those with heart conditions
<https://www.bhf.org.uk/information-support>
- Chronic kidney disease: Kidney Care UK - 01420 541424. Advice/support for those with kidney conditions
<https://www.kidneycareuk.org/>
- Chronic liver disease: British Liver Trust - 0800 6527330. Help and support for those with liver diseases
<https://britishlivertrust.org.uk/information-and-support/>

- Disabilities: Scope - 0800 8003333. Information and support for disabled people
<https://www.scope.org.uk/about-us/>

- Elderly: Age UK, 0800 678 1602. Varied support for the elderly
<https://www.ageuk.org.uk/>

The Silver Line - 0800 4708990. Advice line, and a phone befriending service.

<https://www.thesilverline.org.uk/>

- Learning disabilities: Mencap - 0808 8081111. Advice/support about varied issues around learning disabilities.
<https://www.mencap.org.uk/homepage>

- Mental health: Mind 0300 1233393. Support with mental health issues
<https://www.mind.org.uk/>

Solent Mind - text or call 07451 276010 even if haven't used their local groups/services.

- Motor Neurone Disease - 0808 8026262. Helpline, advice and support.
<https://www.mndassociation.org/>

- Multiple Sclerosis: MS Society - 0808 800 8000. Helpline and support
<https://www.mssociety.org.uk/care-and-support>

- OCD Action - 0845 3906232, support for people with obsessive compulsive disorder.
<https://www.ocdaction.org.uk/>

- OCD UK - 0845 1203778, charity run by people with OCD for people with OCD.
<https://www.ocduk.org/>

- Parkinson's UK - 0808 8000303. Advice and support for those living with Parkinson's.
<https://www.parkinsons.org.uk/>

- Self harm: National self harm network - support individuals who self harm to reduce emotional distress and improve their quality of life
<https://www.nshn.co.uk/>

Young people

- Children's Society - 0300 3037000, support for mental and emotional well-being
<https://www.childrenssociety.org.uk/coronavirus-information-and-support>

- Kooth - online support for young people till 10pm, online chat, and articles written by young people
<https://www.kooth.com/>

- It's Your Choice - 02380 864231, information, advice/guidance to young people aged 12-15, Totton based
<https://www.iyc.org.uk/>

- The Mix – Text THEMIX to 85258 or 0808 8084994. Mental health support for under 25s.
<https://www.themix.org.uk/>