

Helping maintain emotional and physical well-being

Having to be in 'lockdown', socially isolate and distance yourself (and your family) from your colleagues, friends and family members will make many of us feel stressed and anxious. These are truly extraordinary times where information and issues are changing extremely rapidly. It is not surprising that each day can feel totally different to the next and this is unsettling. What's happening in the world right now can feel daunting, unable to make plans even for the immediate future - it's very normal to feel worried and unsure about things.

We want you to look after yourself and your family during these difficult times. The following resources can help you and your family with your emotional and physical well-being.

Websites offering emotional well-being and support

Childline (Free confidential help and advice for any Under 18 year old, whatever the worry)

- <https://www.childline.org.uk/>
- **Call 0800 1111**

Domestic Violence & Abuse Support (Contact Refuge for your rights, options and support)

- <https://www.nationaldahelpline.org.uk>
- **Call 0800 2000 247**

ICON (Babies cry: You can cope. Advice and support for parents coping with a crying baby)

- <http://iconcope.org/>

MIND (Mental Health Support with specific advice on 'Coronavirus and your wellbeing')

- <https://www.mind.org.uk>

NSPCC Helpline (Worried about a child, unsure? Contact professional counsellors for help, advice and support)

- **Call 0808 800 5000**

Samaritans (Resources and help for all ages)

- <https://www.samaritans.org/>
- **Call 116 123**

Young Minds (Supports children, young people, parents & carers with their mental health and well-being)

- <https://youngminds.org>

Please keep safe and healthy