Library and Knowledge Services

MENTAL HEALTH AND COVID-19

Information, resources and helplines
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Low Mood

NHS
Information and advice on low mood, sadness and depression
https://www.nhs.uk/conditions/stress-anxiety-depression/low-mood-and-depression/

Every Mind Matters
Information about low mood and how to improve your mood
https://www.nhs.uk/oneyou/every-mind-matters/low-mood/
Anxiety

**Mental Health Foundation**
Information about how to overcome fear and anxiety
https://www.mentalhealth.org.uk/publications/overcome-fear-anxiety
The Anxious Child: A booklet for parents and carers wanting to know more about anxiety in children and young people.
https://www.mentalhealth.org.uk/publications/anxious-child

**Mind**
Explains anxiety and panic attacks, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.

**NHS**
Information for both adults and children on anxiety.
Anxiety, fear and panic: https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic/
Generalised anxiety disorder in adults: https://www.nhs.uk/conditions/generalised-anxiety-disorder/

**Every Mind Matters**
Information and resources about anxiety
https://www.nhs.uk/oneyou/every-mind-matters/anxiety/

**Royal College of Psychiatrists**
Information on anxiety, panic and phobias
https://www.rcpsych.ac.uk/mental-health/problems-disorders/anxiety-panic-and-phobias

**Young Minds**
Information on anxiety and feeling anxious for young people
https://youngminds.org.uk/find-help/conditions/anxiety/

**Anxiety UK**
Information on anxiety including links to further information on specific types of anxiety conditions. Includes downloadable factsheets.
https://www.anxietyuk.org.uk/get-help/anxiety-information/

**COVID-19 related**

**CDC**
Manage Anxiety & Stress

**HelpGuide**
Coronavirus Anxiety: Coping with Stress, Fear, and Uncertainty
https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm
Psych Central
A blog about coronavirus anxiety and ways to cope with fear
https://psychcentral.com/blog/coronavirus-anxiety-4-ways-to-cope-with-fear/

Royal College of Psychiatrists
Information for young people and adults about dealing with anxiety

Every Mind Matters
10 tips for those who are anxious about coronavirus

Young Minds
Advice for young people who feel anxious about coronavirus
https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/

Isolation

Isolation due to COVID-19

Public Health England
Regularly updated guidance on social distancing, including information on getting assistance with foods/medicines and looking after mental wellbeing

Mind
Advice about maintaining wellbeing during social distancing/self-isolation
https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/

CALM
Ways to stay social while social distancing
https://www.thecalmzone.net/2020/03/putting-the-social-into-social-distancing/

Every Mind Matters
Tips for looking after your mental wellbeing while staying at home

Relate
Tips for maintaining healthy relationships during social distancing/self-isolation
https://www.relate.org.uk/covid-19-our-advice-and-tips-healthy-relationships

AgeUK
Advice for older people on staying safe and well at home during social distancing/self-isolation

Mental health and psychosocial considerations during the COVID-19 outbreak
WHO
Helping children cope with stress during COVID-19

Loneliness

Mind
Information and tips for managing loneliness
https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/

NHS
Advice on feeling lonely
https://www.nhs.uk/conditions/stress-anxiety-depression/feeling-lonely/

Mental Health Foundation
Advice for dealing with isolation
https://www.mentalhealth.org.uk/publications/guide-investing-your-relationships/isolation

Older People

Independent Age
Information and advice about staying connected in older age in pdf and audio formats
https://www.independentage.org/information/advice-guides-factsheets-leaflets/if-youre-feeling-lonely

Campaign to end loneliness
Advice for older people for dealing with loneliness and being alone
https://www.campaigntoendloneliness.org/feeling-lonely/

AgeUK
Information for if you or someone you know is feeling lonely
https://www.ageuk.org.uk/information-advice/health-wellbeing/loneliness/

Sleep deprivation

Mental Health Foundation
Information about sleep problems and advice for sleeping better
https://www.mentalhealth.org.uk/publications/how-sleep-better

Mind
Information and advice about sleep problems
https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/sleep-problems/

NHS
Information about insomnia, with a sleep self-assessment tool
https://www.nhs.uk/conditions/insomnia/
Every Mind Matters
Information and resources about sleep problems
https://www.nhs.uk/oneyou/every-mind-matters/sleep/

Royal College of Psychiatrists
Information on sleep problems and sleeping well
https://www.rcpsych.ac.uk/mental-health/problems-disorders/sleeping-well

Self Help resources

buzz
A range of self-help guides on mental health topics including low mood and depression, anxiety, sleep problems
https://buzzmanchester.co.uk/information/mentalhealthguides

Centre for Clinical Interventions
Self-help resources for a range of mental health problems

Get Self Help
Self-help resources based on CBT techniques
https://www.getselfhelp.co.uk/

Elefriends
Supportive online community run by Mind
https://www.elefriends.org.uk/

Multimedia resources

NHS
Mental Wellbeing audio guides
https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/

One You
List of recommended apps which are free to download
https://www.nhs.uk/oneyou/apps/

Headspace
Guided meditations to help with relaxation. There is a Headspace app available
https://www.youtube.com/user/Getsomeheadspace/

Online courses

E-couch
Free interactive self-help program to improve mental wellbeing
https://ecouch.anu.edu.au/welcome

Living Life to the Full
Free online courses covering low mood, stress and resiliency
Addiction & Substance misuse

Helplines

**Al-Anon Family Groups**
For people worried about someone else’s drinking
Phone: 0800 0086 811

**Drinkline**
Advice to those worried about their own, or a loved one's, alcohol use
Phone: 0300 123 1110

**DrugFam**
Support for families affected by drug misuse
Phone: 0300 888 3853

**Frank**
National helpline providing advice and information about drugs
Phone: 0300 123 6600

Online Advice Sites

**NHS Choices**
Alcohol Support
[https://www.nhs.uk/live-well/alcohol-support/](https://www.nhs.uk/live-well/alcohol-support/)
Drug addiction: getting help

**Alcohol Change UK**
Advice on managing drinking especially if self-isolated

**AdFam**
Telephone support for families
[https://adfam.org.uk/help-for-families/finding-support/call-a-helpline](https://adfam.org.uk/help-for-families/finding-support/call-a-helpline)

**Drinkaware**
Alcohol Support Services
[https://www.drinkaware.co.uk/alcohol-support-services/](https://www.drinkaware.co.uk/alcohol-support-services/)

**Drug Wise**
Where to get help
[https://www.drugwise.org.uk/where-can-i-get-help/](https://www.drugwise.org.uk/where-can-i-get-help/)

**MIND**
Addiction and dependency resources
Depression

**NHS**
Information about depression, including a self-assessment tool
[https://www.nhs.uk/conditions/clinical-depression/](https://www.nhs.uk/conditions/clinical-depression/)
Tips for coping with depression
British Sign Language video about depression and low mood
[https://www.nhs.uk/video/Pages/bsl-depression.aspx](https://www.nhs.uk/video/Pages/bsl-depression.aspx)

**Mind**
Information about depression, tips for caring for yourself and how to access help.
[https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/about-depression/](https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/about-depression/)

**Rethink Mental Illness**
Information about depression
[https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/depression/](https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/depression/)

**Mental Health Foundation**
Information on the symptoms and causes of depression, and where to get support
[https://www.mentalhealth.org.uk/a-to-z/d/depression](https://www.mentalhealth.org.uk/a-to-z/d/depression)

**SANE**
Factsheet on depression, symptoms and treatment and support options

**Healthtalk.org**
Videos of people from the UK sharing their personal experiences of depression
[https://healthtalk.org/depression/overview](https://healthtalk.org/depression/overview)

**Local helplines**

Manchester Community Central is currently developing a list of local aid contacts throughout Manchester. More details to follow.

**Greater Manchester**
**Greater Manchester Suicide Bereavement Information Service**
Telephone: 0161 212 4919 Monday – Friday, 10am - 4pm (Excluding bank holidays)
Email: SB.IS@nhs.net
Website: [www.shiningalightonsuicide.org.uk](http://www.shiningalightonsuicide.org.uk)

**Manchester**
**Manchester Mind**
Due to the current situation our face-to-face services, including our advice drop-in, are currently suspended. If you need to speak to a member of the team please call 0161 769 5732.
Rochdale

Rochdale and District Mind
Rochdale and District Mind operate a confidential mental health telephone information line: Please telephone our freephone number 0800 107 0729 or 01706 752338
https://www.rochdalemind.org.uk/
Self referral available: https://www.rochdalemind.org.uk/how-we-can-help/how-to-refer/

Salford

SIDASS – Salford Independent Domestic Abuse Support Services
Helpline: 0161 793 3232
http://salfdowomensaid.org/sidass/
Lines are staffed Monday to Friday from 1:00 p.m. to 4:00 p.m. and there is an answer phone outside of these hours.

Stockport

The Prevention Alliance
If you would like to speak with one of our keyworkers, our TPA phone line 0161 474 1042 continues to be staffed Monday – Friday 09:00 – 16:30.

COVID-19 Community Support Groups
Bird Estate (Poynton) Community Support
Bramhall Helping Hands
Brinnington Big Local
Heatons Covid-19 Virus – self isolation neighbourhood outreach
Marple Covid 19 Mutual Aid Group
Reddish Covid-19 virus – self isolation neighbourhood outreach
Stockport COVID 19 Support
https://startpoint.org.uk/covid19/ (a group to help people in Woodley)

In Romiley:
If you are self-isolating, Young Caritas Romiley from Our Lady & St Christopher’s Church can help you with picking up shopping
A friendly phone call
Posting mail
Urgent supplies
To keep everyone safe, all young people will be accompanied by a grown-up and only volunteer if they are healthy. Our hands will be washed regularly and all items will be left on the doorstep. We will avoid physical contact (2 metre distance)
Contact the church at Our Lady & St Christopher’s Church, Barrack Hill, Romiley or call 0161 430 2704

For people with sensory loss
A BSL Video about TPA service during the coronavirus period
Walthew House information page

Stockport Mind
Telephone/email/social media support still available, regardless of whether people are already under the service or not, as much as is possible.
If the answerphone is on, we will get back to people when able. Staff all working from home except for a rotation system to cover phones in the office on 0161 480 7393 (during opening hours).
START (drug and alcohol service)
Offering a service by telephone on 0161 474 3141 or email us on START@Stockport.gov.uk, more information https://www.healthystockport.co.uk/

Age UK Stockport
Offering telephone support on 0161 480 1211 Monday to Friday 9am to 5pm. The advice and information team are available on 0161 477 1213.

Signpost for carers
Helpline Monday to Friday, 8am-4pm: 0161 442 0442
Email: info@signpostforcarers.org.uk

Tameside
Mental Health Support in Tameside and Glossop: COVID 19 Update
Find most up to date version here: https://www.tameside.gov.uk/MentalHealth/Local-Support-Services-For-Mental-Health-and-Wellb

Wigan
The Wigan Mental Health Urgent Response Team
01942 636395 (24 hours a day, 365 days a year)
https://www.nwbh.nhs.uk/urgent-response-team-wigan

National helplines

Age UK
Older people’s charity providing information and advice and supporting research.
Phone: 0800 678 1602. 8am-7pm, 365 days a year
https://www.ageuk.org.uk/

Alzheimer’s Society
Provides information on dementia, including factsheets and helplines.
Phone: 0300 222 1122 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)
Website: www.alzheimers.org.uk

Anxiety UK
Charity providing support if you have been diagnosed with an anxiety condition.
Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)
Website: www.anxietyuk.org.uk

Beat
Provides support for people adults and young people with eating disorders.
Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)
Website: www.b-eat.co.uk

Bipolar UK
A charity helping people living with manic depression or bipolar disorder.
During the lockdown, we will continue to operate a call back and email service for people to get advice and guidance and to just have a chat to relieve some of the loneliness of self-isolation. To arrange a call back please email us: info@bipolaruk.org

**ChildLine**
**Telephone:** 0800 1111  
**Website:** www.childline.org.uk
ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.

**CALM**
CALM is the Campaign Against Living Miserably, for men aged 15 to 35.  
**Phone:** 0800 58 58 58 (daily, 5pm to midnight)  
**Website:** www.thecalmzone.net

**Combat Stress**
For veterans.  
**24 Hour helpline:** 0800 138 1619  
**Website:** www.combatstress.org.uk/

**Cruse Bereavement Care**
**Phone:** 0808 808 1677 (Monday to Friday, 9am to 5pm)  
**Website:** www.cruse.org.uk

**LGBT Foundation**
Our helpline remains open on 0345 3 30 30 30, Monday to Friday between 10am and 6pm. We are also looking into options to extend our helpline hours during this time.  
https://lgbt.foundation/

**Mencap**
Charity working with people with a learning disability, their families and carers.  
**Phone:** 0808 808 1111 (Monday to Friday, 9am to 5pm)  
**Website:** www.mencap.org.uk

**Men’s Health Forum**
24/7 stress support for men by text, chat and email.  
**Website:** www.menshealthforum.org.uk

**Mind**
Promotes 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

**MindLine Trans+**
A confidential, emotional, mental health support helpline for people who identify as Trans, Agender, Gender Fluid, Non-binary.  
Mondays and Fridays: 8pm to midnight. 0300 330 5468 | Visit the MindLine Trans+ webpage.
**Mood Swings**
Aimed at anyone affected by a mood disorder, including friends, families and carers. Their helpline is open 10am to 4pm Monday to Friday.
**Telephone:** 0161 832 37 36
**E-mail:** info@moodswings.org.uk
**Website:** www.moodswings.org.uk

**Nightline**
If you're a student, you can look on the Nightline website to see if your university or college offers a night-time listening service. Nightline phone operators are all students too.

**No Panic**
Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.
**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

**OCD Action**
Support for people with OCD. Includes information on treatment and online resources.
**Phone:** 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider’s Access Charge
**Website:** www.ocdaction.org.uk

**OCD UK**
A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.
**Phone:** 0333 212 7890 (Monday to Friday, 9am to 5pm)
**Website:** www.ocduk.org

**PANDAS Foundation**
FREE helpline 0808 1961 776. Available on all landlines. Monday – Sunday 9am- 8pm. Manned by a team of trained volunteers who will be happy to chat to you and direct you to the right support.
PANDAS Email Support: info@pandasfoundation.org.uk available 365 days a year. We’ll respond within 72 hours. Please get in touch if you’d like any more information regarding perinatal mental illness or are looking for support for yourself or your partner, friend or colleague.

**PAPYRUS**
Young suicide prevention society.
**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

**Rape Crisis**
**Website:** www.rapecrisis.org.uk

**Rethink Mental Illness**
Support and advice for people living with mental illness.
**Phone:** 0300 5000 927 (Monday to Friday, 9.30am to 4pm)
**Website:** www.rethink.org
Samaritans
Confidential support for people experiencing feelings of distress or despair.
Phone: 116 123 (free 24-hour helpline)
Website: www.samaritans.org.uk

SANE
Emotional support, information and guidance for people affected by mental illness, their families and carers.
SANEdine: 0300 304 7000 (daily, 4.30pm to 10.30pm)
Textcare: comfort and care via text message, sent when the person needs it most:
www.sane.org.uk/textcare
Peer support forum: www.sane.org.uk/supportforum
Website: www.sane.org.uk/support

Shout Crisis textline
Use the ‘Shout’ crisis text line - text SHOUT to 85258
Shout is the UK’s first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It’s a place to go if you’re struggling to cope and you need immediate help.

Silverline
Aimed at people over 55. Their helpline is open 24 hours a day, every day of the year.
Telephone: 0800 4 70 80 90
Website: www.thesilverline.org.uk

SOBS – Survivors of Bereavement by Suicide
0300 111 5065
9am – 9pm Monday to Friday
https://uksobs.org/

The Mix
If you’re under 25, you can call The Mix on 0808 808 4994 (Sunday-Friday 2pm–11pm), request support by email using this form on The Mix website or use their crisis text messenger service.

YoungMinds
Information on child and adolescent mental health. Services for parents and professionals.
Phone: Parents’ helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)
Website: www.youngminds.org.uk

Victim Support
Phone: 0808 168 9111 (24-hour helpline)
Website: www.victimsupport.org

COVID-19 information

CDC online

GOV.uk
https://www.gov.uk/coronavirus
Multilingual information

Royal College of Psychiatrists
Information on a range of mental health topics in other languages
https://www.rcpsych.ac.uk/mental-health/translations

Public Health England
Regularly updated guidance on social distancing in a variety of languages, including information on getting assistance with foods/medicines and looking after mental wellbeing
Doctors of the World
Basic information on coronavirus translated into 34 languages, based on NHS guidelines
https://www.doctorsoftheworld.org.uk/coronavirus-information/

WHO
Coping with stress during COVID-19

Arabic
Chinese
English
French
Russian
Spanish

Further Information

For help with finding further information or resources, please contact the Library and Knowledge Services

Email: library@gmmh.nhs.uk

Phone: 0161 358 1772 / 0161 271 0505 (ext. 3)