

Kendal Integrated Care Community & Primary Care Network



Resources to Support Mental Health during COVID19

Adults:

LSCFT - NHS Lancashire & South Cumbria Foundation Trust
Mental Health Helpline and texting service 0800 915 4640
<https://www.lscft.nhs.uk/Mental-Health-Helpline>

and,

Mindsmatter
<https://www.lscft.nhs.uk/Mindsmatter>

NHS – EVERY MIND MATTERS
<https://www.nhs.uk/oneyou/every-mind-matters/>

ACTION FOR WELLBEING
Support for those with suicidal thoughts and for those affected by suicide.
<https://www.actionforwellbeing.uk/about/>

AGE UK SOUTH LAKELAND
01539 728180
Telephone befriending.

MANNA HOUSE (Kendal)
01539 725534
Support for those who are homeless, vulnerably housed, lonely or needing help.
Telephone advice only Mon-Fri 0930-1500

CARER SUPPORT SOUTH LAKES
01539 815970
Service available via telephone.
<https://carersupportsouthlakes.org.uk/covid19-carer-support-south-lakes/>

UNITY (Kendal)
01539 244004
NHS substance misuse service.
Supporting existing clients over the telephone; but will also advise and signpost others.

CADAS (Kendal)
Cumbria Alcohol and Drug Advisory Service.
Supporting existing clients over the telephone and via Skype.

SIGHT ADVICE South Lakeland

01539 769055

<http://sightadvice.org.uk/>

Assistance for people who have sight loss.

Telephone and on-line advice and emotional support.

CANCERCARE KENDAL

Helpline 03330 150628

Offering support for those affected by cancer.

Telephone support and delivery service – pharmacy and food.

SPRINGFIELD DOMESTIC ABUSE SUPPORT KENDAL

Telephone support to existing clients only

VICTIM SUPPORT SOUTH CUMBRIA

Domestic Violence Service

cumbriaidsva@victimsupport.org.uk

MANKIND

01823 334244

Confidential help for male victims of domestic abuse

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

RESPECT Men's Advice Line

0808 8024040

Male victims and perpetrators of domestic abuse.

<http://respect.uk.net/>

MIND

0300 123 3393

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

RETHINK

<https://www.rethink.org/advice-and-information/covid-19-support/>

SAMARITANS

116 123

<https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

WHO

<https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf>

QWELL On-Line Counselling

<https://www.qwell.io/>

SILVERLINE**0800 470 8090**<https://www.thesilverline.org.uk/>**ICON**

Information about infant crying and how to cope

<http://iconcope.org/#>**CRUSE BEREAVEMENT SUPPORT****0808 808 1677**<https://www.cruse.org.uk/>**Children and Young People:****WHO** Guidance to support childrenhttps://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2**KOOTH** On-line Counselling for Young People<https://www.kooth.com/>**CHILDLINE****0800 1111**<https://www.childline.org.uk/get-support/contacting-childline/message-from-childline/>**ANNA FREUD NATIONAL CENTRE FOR CHILDREN AND FAMILIES**

COVID Advice and support for children, young people, parents and carers.

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>**MINDHEART**

Link to booklet for families to download, to enable them to explain COVID to children under 7.

<https://www.mindheart.co/descargables>**YOUNG MINDS** - Support for young people and advice for parents**0808 802 5544** – Parents Helpline<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>**THE MIX** – Under 25's Helpline**0808 808 4994**

TEXT Service THEMIX to 85258

<https://www.themix.org.uk/>**NATIONAL AUTISTIC SOCIETY**

Telephone service suspended for the time being. Use on-line help enquiry form in 'Contact Us'

<https://www.autism.org.uk/services/helplines/coronavirus.aspx>

Activities:

DIGNITY IN DEMENTIA - Keeping active in the home

http://www.dignityindementia.org/wp-content/uploads/2020/03/Remain-active-in-the-home.pdf?fbclid=IwAR2aIR3_7R9ff3jcgQW6u_kinJuCJ2OxGhRpJX6i5DhmNwq92zi69qNwo3g

SPACE2CREATE KENDAL

(Facebook Page contains activity for existing clients; and walk –through exhibition)

https://www.facebook.com/watch/?v=302488327386864&external_log_id=40f296f-b48f24f7f38bc6840087002a4&q=soace2create

MISP Mindfulness In Education

Daily on-line Mindfulness sessions for families

<https://mindfulnessinschools.org/misp-sit-together/>

CHATTER PACK

List of free, online boredom-busting resources.

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

JOE WICKS DAILY PE on Facebook

<https://www.facebook.com/JoeWicksTheBodyCoach/videos/243516396683639/>

Apps:

HEADSPACE

<https://www.headspace.com/headspace-meditation-app>

THE MINDFULNESS APP

<https://themindfulnessapp.com/>

CALM

<https://www.calm.com/>