

# Where you can find mental health support during COVID-19

The COVID-19 pandemic and the uncertainty of when life will return to normal can be difficult to think about and deal with. If you are concerned for your mental or emotional health and wellbeing, or that of a loved one, here is a list of advice and support services available to those living in Leicester, Leicestershire and Rutland.

## Urgent help

### Urgent Help (emergency)

Call <b>999</b> or go to <b>A&amp;E</b> if:	<ul style="list-style-type: none"> <li>- Someone's life is at risk – for example, they have seriously harmed themselves</li> <li>- You do not feel able to keep yourself, or somebody else, safe</li> </ul>
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### Urgent Help (non-emergency)

Call <b>NHS 111</b> or ask for an urgent GP appointment if:	<ul style="list-style-type: none"> <li>- You need help urgently for your mental health, but it's not an emergency</li> <li>- You're struggling to cope</li> </ul>
Call Central Access Point on <b>0116 295 3060</b>	A local alternative to NHS 111 for urgent mental health needs during the COVID-19 pandemic

## Listening and Support Services

Turning Point Crisis House – call <b>0808 800 3302</b> or go to <a href="http://wellbeing.turning-point.co.uk/leicestershire">wellbeing.turning-point.co.uk/leicestershire</a>	A local service offering open access telephone support sessions and emotional support to those aged 18+
Samaritans – call <b>116 123</b>	A freephone listening service providing support and comfort in times of distress
Let's Talk Wellbeing – search “ <b>Let's talk wellbeing Leicestershire</b> ” to self-refer	A local NHS service providing talking therapy for mild to moderate mental health concerns, including stress, anxiety, depression, OCD, PTSD and more
SANEline – call <b>0300 304 7000</b> or go to <a href="http://www.sane.org.uk">www.sane.org.uk</a>	For those experiencing a mental health problem or supporting someone who is
Life Links – call <b>0800 0234 575</b> or go to <a href="http://www.rflifelinks.co.uk">www.rflifelinks.co.uk</a>	A local charity offering a listening service, focusing on practical coping solutions for low mood and anxiety
LAMP (Leicestershire Action for Mental Health Project) – call <b>0116 255 6286</b> or go to <a href="http://www.lampadvocacy.co.uk">www.lampadvocacy.co.uk</a>	A local charity providing mental health support and advocacy
The Tomorrow Project – call <b>07784 389 802</b> , email <a href="mailto:bereavement.leics@tomorrowproject.org.uk">bereavement.leics@tomorrowproject.org.uk</a> or go to <a href="http://www.tomorrowproject.org.uk">www.tomorrowproject.org.uk</a>	A confidential suicide prevention project and suicide bereavement service set up to support individuals and communities affected by suicide

PAPYRUS – call <b>0800 068 4141</b> or go to <b>papyrus-uk.org/</b>	The UK charity for the prevention of young suicide. Contact HOPELINEUK on 0800 068 4141 if you, or a young person you know, needs confidential suicide prevention advice
Turning Point Substance Misuse Service – call <b>0330 303 6000</b>	For advice on substance misuse, professional and self-referral
CALM (Campaign Against Living Miserably) – call <b>0800 58 58 58</b> or go to <b>www.thecalmzone.net</b>	Accredited, confidential, anonymous support for men anywhere in the UK through the helpline and webchat service
Switch Board – call <b>0300 330 0630</b> or go to <b>switchboard.lgbt</b>	A one-stop LGBT+ listening service via phone, email and instant messaging
The Mix – call <b>0808 808 4994</b> or go to <b>www.themix.org.uk</b>	A friendly support service offering telephone and instant messaging support to anyone under 25
Silver Line – call <b>0800 4 70 80 90</b>	Support for over-55s
NHS Veterans' Mental Health Transition, Intervention and Liaison Service – call <b>0300 323 0137</b> or go to <b>www.nhs.uk/using-the-nhs/military-healthcare/nhs-mental-health-services-for-veterans/</b>	A dedicated, local service for veterans experiencing mental health difficulties. Provided by specialists in mental health who have an expert understanding of the armed forces

**Online Information and Advice**

Start a Conversation – Suicide is Preventable <b>www.startaconversation.co.uk</b>	If you are worried about the mental health of a friend or family member, the Start a Conversation website for Leicester, Leicestershire and Rutland will have some useful advice on how to support them during this difficult time
Leicestershire Partnership NHS Trust <b>www.leicspart.nhs.uk/latest/covid-19-latest-information/covid-19-support-for-your-emotional-wellbeing</b>	Here you can find details on a range of local and national resources to help improve your mental health and emotional wellbeing
#HealthyDMU Hub <b>www.dmu.ac.uk/healthy/index.aspx</b>	The DMU Healthy Hub is a publicly available resource providing you access to free information, advice and resources to help you stay well at home. Further advice is available for students.
MIND Charity <b>www.mind.org.uk/information-support</b>	MIND have lots of excellent information and resources for understanding your mental health and to help you improve your mental wellbeing
NHS One You – Every Mind Matters <b>www.nhs.uk/oneyou/every-mind-matters</b>	Having good mental health helps us relax more, achieve more and enjoy our lives more. One You have expert advice and practical tips to help you look after your mental health and wellbeing