

HOW TO

ACCESS SUPPORT DURING THE CORONAVIRUS (COVID-19) OUTBREAK

HERE ARE SOME CONTACT DETAILS YOU MAY FIND USEFUL IN HELPING YOU THROUGH THE CURRENT SITUATION:

FOR UP-TO-DATE INFORMATION ON THE CURRENT SITUATION, AS WELL AS GUIDANCE ON WHAT YOU CAN AND CANNOT DO DURING THE OUTBREAK:

- VISIT THE <u>GOV.UK WEBSITE</u> IF YOU LIVE IN ENGLAND
- VISIT THE **GOV.SCOT WEBSITE** IF YOU LIVE IN SCOTLAND





FOR THE LATEST INFORMATION ON SOCIAL DISTANCING MEASURES AND HOW TO FOLLOW THEM:

VISIT THE GOV.UK WEBSITE

FOR INFORMATION AND ADVICE ON MONEY **MATTERS:**

- VISIT <u>STEPCHANGE DEBT CHARITY'S WEBSITE</u> OR CALL THEIR FREE HELPLINE ON 0800 138 1111
- VISIT THE <u>MONEY ADVICE SERVICE WEBSITE</u> OR CALL THEIR FREE HELPLINE ON 0800 138 7777
- VISIT THE <u>TURN2US WEBSITE</u>





FOR INFORMATION ON EMPLOYMENT MATTERS:

- **CLICK HERE FOR INFORMATION ON STATUTORY SICK** PAY (SSP) AND HOW TO OBTAIN AN ISOLATION NOTE
- VISIT THE \underline{ACAS} WEBSITE TO UNDERSTAND YOUR RIGHTS AS AN EMPLOYEE

IF YOU'RE HAVING A DIFFICULT TIME AND WOULD LIKE INFORMATION AND SUPPORT:

- VISIT **YOUNGMINDS' WEBSITE**, FOR CHILDREN AND
- **ADULTS**
- VISIT <u>MIND CHARITY'S WEBSITE</u> OR CALL THEIR HELPLINE ON 0300 123 3393

YOU MAY ALSO FIND IT USEFUL TO HAVE A READ THROUGH THE CBT RESOURCE'S GUIDE TO MANAGING STRESS AND WORRY DURING THE COVID-19 OUTBREAK, AND PSYCHOLOGY TOOLS'S GUIDE TO LIVING WITH WORRY AND ANXIETY AMIDST GLOBAL UNCERTAINTY.





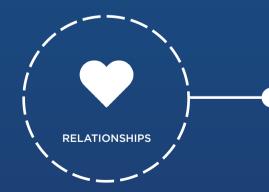
IF YOU THINK YOU HAVE A HEALTH CONDITION WHICH MAKES YOU PARTICULARLY VULNERABLE:

VISIT THE GOV.UK WEBSITE FOR GUIDANCE

FOR ADVICE AND GUIDANCE ON PROVIDING CARE AND SUPPORT TO A VULNERABLE PERSON:

• VISIT THE <u>CARERS UK WEBSITE</u>





FOR INFORMATION ON RELATIONSHIP SUPPORT:

VISIT RELATE'S WEBSITE

IF YOU WORK OR HAVE WORKED FOR A BANK IN THE UK AND WOULD LIKE TO EXPLORE RELATE'S RELATIONSHIP FAMILIES, CHILDREN AND YOUNG PEOPLE - PLEASE CALL OUR FREE HELPLINE ON 0800 0234 834

FOR INFORMATION ON HOW TO GET HELP WITH **DOMESTIC ABUSE:**

- VISIT THE <u>SAFELIVES WEBSITE</u>
- VISIT THE <u>NATIONAL DOMESTIC ABUSE HELPLINE</u>
 <u>WEBSITE</u> OR CALL THEIR FREE HELPLINE ON
 0808 200 0247, FOR WOMEN AND CHILDREN VISIT THE $\underline{\text{MEN'S ADVICE LINE WEBSITE}}$ OR CALL THEIR FREE HELPLINE ON 0808 801 0327
- VISIT <u>GALOP'S NATIONAL LGBT+ DOMESTIC ABUSE</u>
 <u>HELPLINE WEBSITE</u> OR CALL THEIR FREE HELPLINE ON 0800 999 5428







