

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 [GOV.UK WEBSITE](#) IF YOU LIVE IN ENGLAND
- VISIT THE [DEPARTMENT OF HEALTH'S WEBSITE](#) IF YOU LIVE IN NORTHERN IRELAND
- VISIT THE [GOV.SCOT WEBSITE](#) IF YOU LIVE IN SCOTLAND
- VISIT THE [GOV.WALES WEBSITE](#) IF YOU LIVE IN WALES



UNDERSTANDING SOCIAL DISTANCING

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

- VISIT THE [GOV.UK WEBSITE](#)



UK GOVERNMENT INFORMATION

FOR INFORMATION AND ADVICE ON MONEY MATTERS:

- VISIT [STEPCHANGE DEBT CHARITY'S WEBSITE](#) OR CALL THEIR FREE HELPLINE ON 0800 138 1111
- VISIT THE [MONEY ADVICE SERVICE WEBSITE](#) OR CALL THEIR FREE HELPLINE ON 0800 138 7777
- VISIT THE [TURN2US WEBSITE](#)



EMPLOYMENT

FOR INFORMATION ON EMPLOYMENT MATTERS:

- VISIT THE [GOV.UK WEBSITE](#) FOR GENERAL GUIDANCE FOR EMPLOYEES
- [CLICK HERE](#) FOR INFORMATION ON STATUTORY SICK PAY (SSP) AND HOW TO OBTAIN AN ISOLATION NOTE
- VISIT THE [ACAS WEBSITE](#) TO UNDERSTAND YOUR RIGHTS AS AN EMPLOYEE



MONEY-RELATED GUIDANCE

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

- VISIT [YOUNGMINDS' WEBSITE](#), FOR CHILDREN AND YOUNG PEOPLE
- VISIT [KOOH'S WEBSITE](#), FOR CHILDREN AND YOUNG ADULTS
- VISIT [MIND CHARITY'S WEBSITE](#) 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](#).



PHYSICAL HEALTH

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

- VISIT THE [GOV.UK WEBSITE](#) FOR GUIDANCE



CARERS

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

- VISIT THE [CARERS.UK WEBSITE](#)



RELATIONSHIPS

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 COUNSELLING SERVICES - AVAILABLE FOR INDIVIDUALS, 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 [SAFELIVES WEBSITE](#)
- VISIT THE [NATIONAL DOMESTIC ABUSE HELPLINE WEBSITE](#) OR CALL THEIR FREE HELPLINE ON 0808 200 0247, FOR WOMEN AND CHILDREN
- VISIT THE [MEN'S ADVICE LINE WEBSITE](#) OR CALL THEIR FREE HELPLINE ON 0808 801 0327
- VISIT [GALOP'S NATIONAL LGBT+ DOMESTIC ABUSE HELPLINE WEBSITE](#) OR CALL THEIR FREE HELPLINE ON 0800 999 5428



DOMESTIC ABUSE