

Advice for Getting Support During the Pandemic

Whether you're concerned about yourself or a loved one, these mental health charities, organisations and support groups can offer expert advice. As well as this list always remember that Care First BACP accredited counsellors are available to provide emotional support 24 hours a day, 365 days a year.

Bereavement & Loss

Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland. The **Cruse Bereavement Care** Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.

Cruse Bereavement Care will give you space to talk about your bereavement and how you've been coping. Their volunteers are completely non-judgemental and won't share what you've told them with anyone else, except in certain circumstances.

Website: www.cruse.org.uk – Free Helpline: 08088081677

Alcohol Abuse

The **Drinkaware** Trust is an independent UK-wide alcohol education charity, funded largely by voluntary and unrestricted donations from UK alcohol producers, retailers and supermarkets. The Trust is governed independently and works in partnership with others to help reduce alcohol-related harm by helping people make better choices about their drinking.

Website: www.drinkaware.co.uk – Free Helpline: 0300 123 1110 (weekdays 9am–8pm, weekends 11am–4pm)

Suicide

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through their helpline, HOPELINEUK. **Papyrus** engage communities and volunteers in suicide prevention projects and deliver training programmes to individuals and groups. This includes equipping local councils, healthcare professionals and school staff with suicide prevention skills

Website: www.papyrus.org.uk – Free Hopeline: 0800 0684141

LGBTQ+ Support

Stonewall – Our Mission: We're here to let all lesbian, gay, bi and trans people, here and abroad, know they're not alone. We believe we're stronger united, so we partner with organisations that help us create real change for the better. We have laid deep foundations across Britain - in some of our greatest institutions - so our communities can continue to find ways to flourish, and individuals can reach their full potential. We're here to support those who can't yet be themselves. But our work is not finished yet. Not until everyone feels free to be who they are, wherever they are.

Website: www.stonewall.org.uk– Free Helpline: 0800 0502020 (9:30 - 4:30 Monday to Friday)

Family & Parenting Support

Family Lives - As well as their core family support services offered through their helpline, live chat and email support, **Family Lives** also work in many different areas offering tailored support around issues such as bullying, special educational needs, and support for specific communities.

Website: www.familylives.org.uk – **Free Helpline:** 0808 800 222

Cancer Support

Macmillan Cancer Support – Our Ambition: Being told ‘you have cancer’ can affect so much more than your health – it can also affect your family, your job, even your ability to pay the bills. But you’re still you. We get that. And, after over 100 years of helping people through cancer, we get what’s most important: that you’re treated as a person, not just a patient. It’s why we’ll take the time to understand you and all that matters to you, so we can help you get the support you need to take care of your health, protect your personal relationships and deal with money and work worries. We’re here to help you find your best way through from the moment of diagnosis, so you’re able to live life as fully as you can.

Website: www.macmillan.org.uk – **Free Helpline:** 0808 808 00 00

Anxiety

Anxiety UK is a national registered charity formed in 1970, by Katharine and Harold Fisher, for those affected by anxiety, stress and anxiety based depression. Since then, we’ve become a nationwide organisation but we still have the same basic aims. Whether you have anxiety, stress, anxiety-based depression or a phobia that’s affecting your daily life, we’re here to help you. And we’re fully supported by an expert team of medical advisors.

Website: www.anxietyuk.org.uk – **Free Helpline:** 03444 775 774 (Mon-Fri 9:30am - 5:30pm)

If you feel you may need some support, you can contact Care first. Care first is a leading provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.

You can join our live webinar titled ‘**Advice for getting support during the pandemic**’ on **Wednesday 3rd March 2021 at 12pm**. Please use the following link to register your attendance:

<https://attendee.gotowebinar.com/register/1936067766239704847>

If you are unable to join the webinar live, a recording of the session can be accessed using the same Link above after the webinar has taken place.