

SEE BELOW FOR ANY IMMEDIATE CONCERNS ABOUT CORONAVIRUS

1. Visit NHS choices to check your symptoms
<https://www.nhs.uk/conditions/coronavirus-covid-19/>
2. Still concerned? Use NHS 111 online or Call 111
<https://111.nhs.uk/service/COVID-19/>
3. How do I go about my daily life? See UK Government response and guidance here
<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>
4. *If you need immediate, emergency support ring the emergency services on 999.*

HELPLINES AND ADVICE BY CATEGORY

For further advice on where to get help, CALL Greenway Centre on 0117 950 3335

Mental health support, for everyone:	Contact	Opening times	Website:
Samaritans - emotional support.	116 123 (freephone) 07725 909090 (text)	24/7	www.samaritans.org
National Crisis Text Line (speak to a volunteer by text)	Text SHOUT to 85258	24/7	www.crisistextline.uk/how-it-works
No Panic Helpline (If you are experiencing anxiety)	0844 967 4848	10am-10pm daily.	www.nopanic.org.uk
Bristol MindLine - emotional support	0808 808 0330	Weds - Sun 8 pm - midnight	https://www.mind.org.uk/
SANE Line - emotional support and information	0300 304 7000	daily 4.30 pm - 10.30	www.saneline.org.uk
National MIND info line (Advice, not emotional support)	0300 123 3393	Daily, 9am-6pm	www.mind.org.uk/information-support/helplines/

Bristol Mental Health Crisis Line - Support for mental health crisis	0300 555 0334.	24/7	If you or someone you know is experiencing a mental health
Support for 55+:			
The Silverline - emotional support and advice	0800 4 70 80 90.	24/7	www.thesilverline.org.uk
Independent Age *ADVICE, not emotional support	0800 319 6789 / advice@independentage.org	Mon-Fri, 8.30-6.30pm Sat - 9am-1pm	www.independentage.org/get-support/call-helpline
Age UK *ADVICE, not emotional support	0800 678 1602	Daily, 8pm-7pm.	www.ageuk.org.uk/services/age-uk-advice-line/
For women:			
Womankind (mental health support)	0345 458 2914 / 0117 916 6461 Webchat available	Mon + tues 10am-12noon / 1pm-3pm / 8pm-10pm, Wed 10am-12noon / 1pm-3pm, Thu + Fri - 10am-12noon	https://www.womankindbristol.org.uk/ Webchat hours: Mon + Tues - 1pm-3pm / 8pm-10pm - Thu & Fri 10am-12noon
Self Injury Helpline (also for friends and family of those who self-harm)	Call - 0808 800 8088 Text - 07537 432444	Tues-Thurs 7pm-9.30pm.	https://www.selfinjurysupport.org.uk
For men:			
Campaign against Living Miserably - emotional support	0800 58 58 58 or webchat	Daily 5pm-midnight	www.thecalmzone.net
LGBTQI+			
Switchboard, LGBTQI+ helpline	0300 330 0630	daily 10am-10pm	https://switchboard.lgbt/help/
Young people:			
Papyrus - for under 35's experiencing suicidal thoughts	Helpline: 0800 068 4141 Text: 07786209697 Email: pat@papyrus-uk.org	10am-10pm on weekdays and 2pm-10pm on weekends	https://papyrus-uk.org/

Young minds: Crisis text support for under 25's.	Text YM to 85258	24/7	www.youngminds.org.uk/contact-us/
Parent helpline	0808 802 5544	Mon-Fri 9.30-4pm	www.youngminds.org.uk/find-help/for-parents/parents-helpline/
The Mix Helpline - emotional support	0808 808 4994 and webchat	Daily, 4pm-11pm	www.themix.org.uk/get-support
Domestic Abuse:			
Domestic Violence Freephone, for women:	0808 2000 247	24/7, daily	www.refuge.org.uk/get-help-now/phone-the-helpline/
Respect, Men's advice line:	0808 8010327	Mon + Weds - 9am - 8pm Tues, Thurs + Fri - 9am-5pm	www.mensadvice.org.uk/
Next Link Bristol	0117 925 0680	8:30am – 5:30pm Monday to Friday and 9:30am – 1:00pm on Saturday	www.nextlinkhousing.co.uk/
Housing, food, benefits:			
North Bristol Foodbank	0117 9791399 info@northbristol.foodbank.org.uk	Details given with voucher. You can speak to them about where to get a voucher.	https://northbristol.foodbank.org.uk/contact-us/
Shelter line	0808 800 4444	8am-8pm weekdays 9am-5pm weekends	https://england.shelter.org.uk/get_help
Citizen Advice National Info Line	03444 111 444	9am-5pm Mon-Fri	www.citizensadvice.org.uk/about-us/contact-us/contact-us/contact-us/
Bristol City Council Homelessness Prevention Team	0117 352 6800 01454 615 165 (emergency out of hours team)	10am-5pm Mon-Fri	https://www.bristol.gov.uk/housing/homeless-or-at-risk-of-being-homeless
Drugs and alcohol			

Bristol Drugs Project - advice and information line	0117 987 6000	Monday - Friday, 9 am - 8 pm. Saturday 10 am - 5 pm.	www.bdp.org.uk/support
Community Groups & Mental Health Support			
Ambition Lawrence	0117 9235112	Closed for groups answering phone calls on suggested number	https://www.ambitionlaw.org/
Southmead Development Trust	0117 9503335	Fitness classes available on facebook and website. Centre closed for groups but ring if we can help.	www.southmead.org https://www.facebook.com/greenwaycentre/
Lockleaze Neighbourhood Trust	01179141129 info@lockleazent.co.uk	Centre closed but use contacts for connecting and updates.	https://www.lockleazehub.org.uk/ourresponsetocovid-19
Cotswold Community Centre (Shirehampton)	cotswoldca@gmail.com	Centre closed but if you need to connect with local community and get updates, email the suggested address.	http://www.cotswoldcommunity.btck.co.uk/
BS10 Community Group		Facebook group in response to COVID 19 "Stay Connected"	https://www.facebook.com/groups/2586699761568664/
BS11 Community Group		Facebook group in response to COVID 19 "Stay Connected"	https://www.facebook.com/groups/571070506832488/
Keystones Mental Health services North Bristol	0117 9427347 info@keystonescare.co.uk		https://www.keystonescare.co.uk/
Healthwatch Bristol North Somerset South Gloucestershire	Bristol 07944369180 North Som 01755851400 South Glos 07944373235	Help finding info, directing to support or a chat during Covid-19 Monday – Friday 9am – 5pm	www.healthwatch.co.uk
Acorn the Union	N/A	Use online form on link to get local help	https://docs.google.com/forms/d/e/1FAIpQLSf_1tEYKhzzdLPR6AjAaoWal8fgMin9IIAnIRtRWSrp5izLYg/viewform

Covid Mutual Aid UK	N/A	Full list of UK volunteer facebook groups by postcode/place supporting most vulnerable	https://covidmutualaid.org/
How to volunteer			
Neighbours Connect Southmead	neighbours@southmead.org 0117 9503335	Get in touch if you'd like to volunteer in Southmead to support people	https://www.southmead.org/neighbours-connect-southmead/
Can Do Bristol	N/A	Find your neighbourhood and get involved in community action	www.candobristol.co.uk
Acorn the Union	N/A	Use volunteer sign up online to volunteer locally	https://acorntheunion.org.uk/corona/?fbclid=IwAR1EP3DTT2XqAu_IQ2XBgQuncwQckmLwomaDhoo2q58mU5Zx3z7LLyzOz94
Condition/situation specific			
Asthma UK	0300 222 5800	Mon – Fri 9am – 5pm	https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/
Macmillan Cancer support	0808 808 00 00	Mon – Fri 9am – 5pm	https://www.macmillan.org.uk/cancer-information-and-support/get-help/physical-help/cancer-and-coronavirus
Pregnancy	N/A	Royal College of Obstetricians and Gynaecologists	https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/
Age UK (Older people)	0800 678 1602	We're open 8am to 7pm, every day of the year.	https://www.ageuk.org.uk/information-advice/coronavirus/coronavirus/