



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.mensadviceline .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/
Victim Support Avon and Somerset: National Helpline:	<ul style="list-style-type: none"> • 0300 3031972 or 07432 504692 • 0808 1689111 24/7 	<ul style="list-style-type: none"> • Mon, Wed and Fri 09.30-17.30 and Tues and Thurs 11.00am-19.00 	<ul style="list-style-type: none"> • 24/7 live web chat https://www.victi msupport.org.uk/ help-and- support/get- help/support- near-you/live- chat
Housing, food, benefits:			
North Bristol Foodbank	0117 9791399 info@northbristol.fo odbank.org.uk	Details given with voucher. You can speak to them about where to get a voucher.	https://northbristol.f oodbank.org.uk/cont act-us/
North West Bristol Foodbank	0117 923 4353 office@bristolnwfoodban k.org.uk	Some outlets closed. See website.	https://www.bristolnorth westfoodbank.org.uk/

Independent businesses that are delivering	If you are struggling to find supermarket delivery slots, try contacting businesses locally, see map:		https://www.google.com/maps/d/u/0/viewer?fbclid=IwAR3PqHT8Cg2JFBK0LQ4bHYZQOb3rYyWBQAfKX7TJEC48ZzrtxB_Kh4Am-VE&mid=1qJCe4-Ywiin1ezDrICA8x3YOzcHisPHS&ll=51.47427456553795%2C-2.5808710897538276&z=14
Bristol pre-prepared food referral (national food service)	0117 325 0450-10-6pm Mon-Fri, leave a message bristol@nationalfoodservice.uk	Nutritious cooked meals delivered frozen for free anywhere in Bristol	https://www.nationalfoodservice.uk/bristol-cooked-food-provision
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/
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/homelessness-or-at-risk-of-being-homeless
Drugs and alcohol			
Bristol Drugs Project - advice and information line BDP Shared Care Team (prescription questions)	0117 987 6000 0117 987 6017	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.ambitionlawrence.org/

Lockleaze Neighbourhood Trust	01179141129 info@lockleazent.co.uk	Centre closed but use contacts for connecting and updates.	https://www.lockleazehub.org.uk/ourresponse tocovid-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/
How to volunteer			
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_IQ2XBgQu_ncwQckmLwomaDhoo2q58mU5Zx3z7LLyzOz94
NHS Volunteers			https://www.goodsamapp.org/NHS
The Community Hub Bristol & S. Glos	Volunteer register form.		https://thecommunityhub-basg.co.uk/offer-help/
How to get a volunteer	For support to find someone that can help to collect food / prescriptions etc.		
Acorn the Union		Use online form on link to get local help	https://docs.google.com/forms/d/e/1FAIpQLSf_1tEYKhzzdLPR6AjAaoWal8fgMin9IIAnIRtRW_Srp5izLYg/viewform

Covid Mutual Aid Groups	Full list of UK volunteer facebook groups by postcode/place supporting most vulnerable		https://covidmutualaid.cc/ https://secretldn.com/uk-community-aid-groups-by-area/
Bristol City Council Corona Virus Hotline (help for most vulnerable)	0800 694 0184	8.30am - 5 pm Mon-Friday.	https://news.bristol.gov.uk/news/we-are-bristol-coronavirus-hotline-goes-live
Good Sam - NHS volunteer request form	For professionals to refer into. Aimed at supporting the 1.5m most vulnerable.		https://www.goodsamapp.org/NHSreferral
The Community Hub Bristol & S. Glos	Volunteer support responding to covid-19	Facebook page: https://www.facebook.com/groups/COVID19SGlos	https://thecommunityhub-basg.co.uk/request-help/
Covid specific support:			
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/
Healthwatch	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

Register as extremely vulnerable for support with essentials	Gov website and scheme.		https://www.gov.uk/coronavirus-extremely-vulnerable
If you need a self-isolation note:	Your GP cannot help with this - register online.		https://111.nhs.uk/isolation-note/
Social distancing/ social isolation / shielding explained:	Document produced by GP's collating information with link to government website pages.		https://elearning.rcgp.org.uk/pluginfile.php/149139/mod_resource/content/1/FINAL%20-%20Guidance%20on%20Self%20Isolation%20and%20Social%20Distancing%20for%20COVID%2019.pdf