

Where you can find mental health support during COVID-19

The COVID-19 pandemic and the uncertainty of when life will return to normal can be difficult to think about and deal with. If you are concerned for your mental or emotional health and wellbeing, or that of a loved one, here is a list of advice and support services available to those living in Leicester, Leicestershire and Rutland.

Urgent help

Urgent Help (emergency)

Call 999 or go to A&E if:

- Someone's life is at risk – for example, they have seriously harmed themselves
- You do not feel able to keep yourself, or somebody else, safe

Urgent Help (non-emergency)

Call **NHS 111** or ask for an urgent GP appointment if:

- You need help urgently for your mental health, but it's not an emergency
- You're struggling to cope

Call Mental Health Central Access Point on **0808 800 3302** or email **Leicestershire.Helpline@turningpoint.co.uk**

A local alternative to NHS 111 for urgent mental health needs during the COVID-19 pandemic

Listening and Support Services

Turning Point Crisis House – call **0808 800 3302** or go to **wellbeing.turning-point.co.uk/leicestershire**

A local service offering open access telephone support sessions and emotional support to those aged 18+

Samaritans – call **116 123**

A freephone listening service providing support and comfort in times of distress

VitaMinds - Self-refer to **vitahealthgroup.co.uk** or **0330 094 5595**

A local NHS service providing talking therapy for mild to moderate mental health concerns, including stress, anxiety, depression, OCD, PTSD and more

SANEline – call **0300 304 7000** or go to **www.sane.org.uk**

For those experiencing a mental health problem or supporting someone who is

Life Links – call **0800 0234 575** or go to **www.rflifelinks.co.uk**

A local charity offering a listening service, focusing on practical coping solutions for low mood and anxiety

LAMP (Leicestershire Action for Mental Health Project) – call **0116 255 6286** or go to **www.lampadvocacy.co.uk**

A local charity providing mental health support and advocacy

The Tomorrow Project – text **07435 111 025** email **bereavement.leics@tomorrowproject.org.uk** or go to **www.tomorrowproject.org.uk**

A confidential suicide prevention project and suicide bereavement service set up to support individuals and communities affected by suicide

PAPYRUS – call 0800 068 4141 or go to papyrus-uk.org/	The UK charity for the prevention of young suicide. Contact HOPELINEUK on 0800 068 4141 if you, or a young person you know, needs confidential suicide prevention advice
Turning Point Substance Misuse Service – call 0330 303 6000	For advice on substance misuse, professional and self-referral
CALM (Campaign Against Living Miserably) – call 0800 58 58 58 or go to www.thecalmzone.net	Accredited, confidential, anonymous support for men anywhere in the UK through the helpline and webchat service
Switch Board – call 0300 330 0630 or go to switchboard.lgbt	A one-stop LGBT+ listening service via phone, email and instant messaging
The Mix – call 0808 808 4994 or go to www.themix.org.uk	A friendly support service offering telephone and instant messaging support to anyone under 25
Silver Line – call 0800 4 70 80 90	Support for over-55s
NHS Veterans' Mental Health Transition, Intervention and Liaison Service – call 0300 323 0137 or go to www.nhs.uk/using-the-nhs/military-healthcare/nhs-mental-health-services-for-veterans/	A dedicated, local service for veterans experiencing mental health difficulties. Provided by specialists in mental health who have an expert understanding of the armed forces

Online Information and Advice

Start a Conversation – Suicide is Preventable www.startaconversation.co.uk	If you are worried about the mental health of a friend or family member, the Start a Conversation website for Leicester, Leicestershire and Rutland will have some useful advice on how to support them during this difficult time
Leicestershire Partnership NHS Trust www.leicspart.nhs.uk/latest/covid-19-latest-information/covid-19-support-for-your-emotional-wellbeing	Here you can find details on a range of local and national resources to help improve your mental health and emotional wellbeing
#HealthyDMU Hub www.dmu.ac.uk/healthy/index.aspx	The DMU Healthy Hub is a publicly available resource providing you access to free information, advice and resources to help you stay well at home. Further advice is available for students.
MIND Charity www.mind.org.uk/information-support	MIND have lots of excellent information and resources for understanding your mental health and to help you improve your mental wellbeing
NHS One You – Every Mind Matters www.nhs.uk/oneyou/every-mind-matters	Having good mental health helps us relax more, achieve more and enjoy our lives more. One You have expert advice and practical tips to help you look after your mental health and wellbeing