

Adult wellbeing and mental health signposting information during Covid-19

Christian helpline and prayer support

Crossline Coventry

Phone: 0300 111 0101

Opening times: 9.00 am - midnight - every day

Email: crossline@covcitymission.org.uk

Lonely? Anxious? Depressed? Bereaved? Just Need Someone To Talk To? Would like somebody to Pray for You? Crossline Coventry is part of the National Christian Helpline. It is staffed by trained Christian volunteers who offer a listening ear to those who call. It is a local rate number for all landlines and mobiles and should be included in mobile contract minutes

Useful resources for emotional wellbeing/mental health

Government Guidance

General tips to support your wellbeing during Covid-19

Website: <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

Keeping Health In Mind

A Brief Guide to Faith and Mental Health, including information, advice and prayers

Website:

<https://stpaulsfoleshill.yolasite.com/resources/A%20brief%20guide%20to%20Faith%20and%20Mental%20Health%20Final.pdf>

Mental Health Foundation

Tips on how to look after your mental health during the coronavirus outbreak

Website: <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-%20coronavirus-outbreak>

Every Mind Matters

General advice and practical tips from the NHS

Website: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Mind

Phone: Infoline 0300 123 3393

Email: info@mind.org.uk

Text: 86463

Website & webchat: <https://www.mind.org.uk/information-support/coronavirus/>

Leading mental health charity, online information and tips to help you cope during this time and if you are finding things emotionally hard right now. Information and signposting telephone support and legal information relating to mental health.

Rethink Mental Health

Online hub to provide practical support and information that is useful for people living with, or supporting people with mental illness.

Website: <https://www.rethink.org/advice-and-information/covid-19-support/>

Employee Assistance Programmes (EAP)

Many organisations now have Employee Assistance Programmes (EAP) that offer mental health and wellbeing support. Find out if your organisation has an EAP that you can access.

Improving Access to Psychological Therapy (IAPT)

IAPT services are available for people experiencing mild to severe anxiety and depression. They can provide advice, information and therapy. Please note this service involves an initial assessment which then determines the support you will be offered. **Call 024 7667 1090 to self-refer.**

Immediate support

For urgent medical needs call your GP, or NHS 111.

If you are or someone else is in a life threatening situation call 999.

Adult mental health support services

Safe Haven, Coventry

Phone: Coventry Haven: 07921 876 065 | 07850 901 146 | 07525 990 764 | 07483 991 763
| 07887 627 524

Email: coventryhaven.mhm@nhs.net

Opening times: Monday to Sunday 6-11pm

Web chat: <https://www.mhm.org.uk/coventry-warwickshire-helpline>

The Coventry Safe Haven offers out-of-hours mental health support to anyone aged 18+ in the Coventry area.

Calls and emails will be monitored by staff during Safe Haven opening hours. You may call and leave a message, or send an email, at any other time of day, and these will be picked up and responded to as soon as possible during opening hours.

Warwickshire Safe Haven Nuneaton

Phone: 02477 714554 or Text 07970 042270

Open: 6pm-11pm every Thursday to Sunday

Email safehaven@cwmind.org.uk

Coventry Samaritans

Free helpline: 116 123

Email - jo@samaritans.org.

Opening times: 24/7 - everyday

Website: <https://www.samaritans.org/branches/coventry/>

If you need someone to talk to you can ring our Helpline at any time of the day or night or write to us.

In addition to our normal services Samaritans has set up a confidential support line for NHS workers and volunteers in England. This operates from 7.00 a.m - 11.00 p.m every day. Calls

made at other times will automatically transfer to our Helpline. NHS staff can, of course, still use our 24 hour Helpline if they prefer.

Mind Wellbeing for Coventry

Phone: 024 7622 4417

Opening times: 1pm-5pm – everyday

Website: <https://cwmind.org.uk/wellbeing-for-coventry/>

In order to help you cope during this period, the Coventry and Warwickshire Mind Wellbeing Hubs will be offering telephone support to anyone who feels they are in need of contact. The team can also book a telephone appointment if needed.

Wellbeing for Warwickshire

Phone: 02477 712288

Email: wbw@cwmind.org.uk

Website: www.cwmind.org.uk/wbw

Nuneaton, Bedworth, North Warwickshire, Rugby, Leamington, Warwick and Stratford
Available to anyone aged 16yrs + and currently offered by telephone only

Shout

Text: 85258

Website: <https://www.giveusashout.org/>

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Campaign Against Living Miserably (for men)

Phone: 0800 58 58 58

Opening times: 5pm to midnight every day

Website: <https://www.thecalmzone.net/>

Helpline, web chat services and useful resources to support mental health.

Adult support groups

Support group for new parents in Coventry

Phone: Call Sarah on 07885 975261

Email: parentsinmind.wc@nct.org.uk

Facebook: ByYourSide

Parents in Mind run by the National Childbirth Trust to support new parents

FWT a centre for women

Phone: 024 7663 7693

Email: office@fwt.org.uk

Website: www.fwt.org.uk/

FWT is postponing face to face delivery and FWT led sessions at the centre.

Through Coventry Women's Partnership Faye Pettitt is continuing to support service users remotely and has direct links with teams at FWT and across the partnership. Please continue to contact Faye Pettitt on 07538092997 and faye.pettitt@fwt.org.uk

Age UK Coventry

Phone: 02476 231999

Website: <https://www.ageuk.org.uk/coventryandwarwickshire/>

Offices currently closed & groups not currently being held

Phone lines will be answered. They are still offering a telephone befriending service to older people. People can sign up at info@ageukcovwarks.org.uk

Support for those experiencing eating disorders

Beat

Phone: 0808 8010677

Opening times: 12pm–8pm during the week, and 4pm–8pm on weekends and bank holidays.

Website: <https://www.beateatingdisorders.org.uk/>

Advice and support for those experiencing an eating disorder or supporting someone.

Tastelife

Website: <https://www.tastelifeuk.org/coronavirus/>

A charity that provides tools for recovery for those who struggle with eating disorders and for their supporters.

Children and Young People mental health services

Rise

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Rise Navigation Hub

For referrals to support young people and their mental health

Phone: 0300 200 2021 (To make a referral)

Open: Monday to Friday between 8.00am to 6.00pm

Rise Crisis Team

For urgent calls, for children and young people who are experiencing a mental health crisis

Phone: 02476 641799 (8am – 8pm) 02476 938000 outside of these hours

Email: <https://cwrise.com/>

This service is available 24-hours a day, 7-days a week, with an advice-only service outside the core hours of 8am-8pm.

Apps for mental health support

The below apps are from the NHS library of resources, for the full list see below link

<https://www.nhs.uk/apps-library/category/mental-health/>



StayAlive

The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who

may be considering suicide. The app links you directly to local and national crisis resources.



Calm Harm

Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.



distrACT

The distrACT app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts.

The content has been created by doctors and experts in self-harming and suicide prevention.



eQuoo

The eQuoo app uses adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills.

You'll also find tips on how to communicate more effectively and maintain your mental wellbeing.



Student health app

Use the app to reduce your worries, feel more confident and get the support you need at what can be a challenging time for any student.