

Support during self-isolation

Social Prescribing are offering telephone sessions and many GP surgeries have a social prescriber.

<https://enablelc.org/socialprescribing>

Covid 19 support line. Their number is 8871 6555. They do not have a website yet as they only started yesterday. It is run by volunteers.. I just called them and they explained that they are a support line with the most up to date information regarding the virus, services that are still running and that are not currently running in the Wandsworth and Richmond area. They are able to signpost people to services. They are helping arrange food deliveries for vulnerable people, but the food deliveries are limited at the moment.

For older adults:

Befriending on the telephone

<https://www.ageuk.org.uk/wandsworth/our-services/be-a-friend-service/>

Independent Age, but please note their helpline is currently closed.

<https://www.independentage.org/get-support/receive-regular-phone-calls>

Silverline (very similar to Samaritans but specifically for older adults_

<https://www.thesilverline.org.uk/>

Befriending services:

<http://www.batterseabefriendingnetwork.org.uk/>

Websites will wellbeing support:

Mind - Coronavirus and your wellbeing

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#TakeCareOfYourMentalHealthAndWellbeing>

Anxiety UK - advice and helpline

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus>

Mental Health Foundation - Looking after your mental health during coronavirus outbreak

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

OCD Action - skype/phone support groups

<https://www.ocdaction.org.uk/support-groups/online2>

Place2Be Talking to children about coronavirus

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children>

RCOG - Advice for pregnant women

<https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy>

BEAT for people with eating problems disorders and they have tailored the advice to the current pandemic and more time at home.

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

The booklet from Psychology Tools on managing worry and anxiety during these globally uncertain times. They now have various translations of this booklet.

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

Mental Health apps free from the NHS

1. **The Big White Wall** - Big White Wall is an online community for people who are [stressed](#), [anxious](#) or feeling low. <https://www.nhs.uk/apps-library/big-white-wall/>
2. **Catch It app** - Learn how to manage feelings like [anxiety](#) and [depression](#) with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing. <https://www.nhs.uk/apps-library/catch-it/>
3. **Feel Good Positive Mindset** - Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset. <https://www.nhs.uk/apps-library/feeling-good-positive-mindset/>
4. **My Possible Self:** The Mental Health app - Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. <https://www.nhs.uk/apps-library/my-possible-self/>
5. **Cove** – Create music to capture your mood and express how you feel. <https://www.nhs.uk/apps-library/cove/>

6. **Stress and Anxiety Companion** - Using breathing exercises, relaxing music and games designed to calm the mind, the app helps you change negative thoughts to help you better cope with life's ups and downs. <https://www.nhs.uk/apps-library/stress-anxiety-companion/>
7. **Pzizz** - The Pzizz app helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed. <https://www.nhs.uk/apps-library/pzizz/>