

## **Wandsworth LTC Resources**

### **General Shielding Support**

<https://volunteering.royalvoluntaryservice.org.uk/nhs-volunteer-responders-portal/isolating> - will continue to offer support after shielding has stopped on 1<sup>st</sup> August 2020. You can ask for support by visiting the website or calling 0808 196 3646 between 8am and 8pm. They can provide help with shopping, collecting medication or other essential supplies; regular phone calls; and transport to medical appointments.

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### **General Wellbeing Resources and Support:**

**NHS** – Offer a series of wellbeing audio guides <https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

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

**OCD Action** – Provide Skype and telephone support groups <https://www.ocdaction.org.uk/support-groups/online2>

**RCOG** - Advice for pregnant women <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy>

**BEAT** – support for people with eating problems including tailored advice to the current pandemic and more time at home. <https://www.beateatingdisorders.org.uk/>

**Psychology Tools** – booklet 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 UK** – lots of useful information on managing mental health during Covid-19 <https://mentalhealth-uk.org/help-and-information/covid-19-and-your-mental-health/> -

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### **Support for Older Adults**

#### **Independent Age**

<https://www.independentage.org/get-support/receive-regular-phone-calls> - provide a helpline and you can sign-up to receive regular phone calls