Mental health support

There is Public Health England’s guidance on the [mental health aspects of the current situation](https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19#where-to-get-further-support) and [on supporting children and young people’s mental health and wellbeing](https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak). There is also support and information online, such as the [[Every Mind Matters](https://www.nhs.uk/oneyou/every-mind-matters/) website](https://www.nhs.uk/oneyou/every-mind-matters/), and NHS England’s list of voluntary community sector [helplines](https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/).

If people are still struggling with their mental health, they should contact their GP or call 111. In most areas people can refer themselves to their [local IAPT service](https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20(IAPT)/LocationSearch/10008). Children and young people can also be self-referred to their local [CYP mental health service](https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs/).

**Please note this Covid-19 mental health support package applies to England only – Scotland, Wales and Northern Ireland have their own support in place.**

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| **For adults with mild to moderate needs:** | |
| PHE | [**Every Mind Matters**](https://www.nhs.uk/oneyou/every-mind-matters/) is a website, including an online tool and email journey which aims to support everyone to feel more confident in taking action to look after their mental health and wellbeing. |
| NHS | [**NHS website**](https://www.nhs.uk/)  NHS.UK mental health information section signposting to Every Mind Matters and a range of helplines hosted by voluntary community organisations. |
| NHS | [**NHS Apps library**](https://www.nhs.uk/apps-library/)  helps people find apps and online tools to help manage their health and wellbeing |
| **For adults with moderate to severe needs:** | |
| NHS | **NHS mental health providers** are continuing to operate and are encouraged to consider how delivering care digitally might help maintain continuity of care and make best use of resources. |
| NHS | For those in mental health crisis, **24/7 crisis lines** are clearly accessible from Trusts websites.  Individuals with a mental health illness who are having issues accessing supermarkets or picking up prescriptions can also self-refer to the NHS Volunteer Responders programme using the following link:  <https://volunteering.royalvoluntaryservice.org.uk/nhs-volunteer-responders-portal/isolating> |
| **For children and young people:** | |
| NHS | **NHS mental health providers** are continuing to operate and are encouraged to consider how delivering care digitally might help maintain continuity of care and make best use of resources.  Children and young people can also access the NHS **24/7 crisis lines** which are clearly accessible from mental health trust websites. |
| VCS | Children and young people can access **free confidential support** anytime by texting SHOUT to 85258, calling childline on 0800 1111 or the Mix on 0808 808 4994. |
| **For NHS frontline staff:** | |
| NHS and VCS | NHS staff have been given **free access to a series of apps, a confidential helpline, textlline and bereavement support line.** Further details can be found online at [people.nhs.uk/help](https://people.nhs.uk/help/).  Individual **NHS Trusts** may also have specific arrangements to support their staff during the Covid-19 pandemic, which may include the use of local occupational health services or suitably trained staff being deployed to help in other areas where their skills can be utilized.  Primary care staff also have access to the “#LookingAfterYouToo: Coaching **Support for Primary Care Staff service**”. They can register and book individual coaching sessions at a time that’s convenient to them using this link: <https://people.nhs.uk/lookingafteryoutoo> |
| **For social care frontline staff:** | |
| VCS | Social care staff have free access to **a confidential helpline, textlline and bereavement support line.** More information can be found here: <https://www.mentalhealthatwork.org.uk/ourfrontline/> |
| DHSC | Social care staff can access a CARE branded **app and website**. This contains a range of resources to help individuals and their teams manage in this new situation, understand what they might need to be doing differently to support each other and pay attention to their mental and physical wellbeing. |
| **For all frontline staff:** | |
|  | The ‘Our Frontline’ partnership offers **round-the-clock one-to-one support**, by call or text, from trained volunteers, plus resources, tips and ideas to look after your mental health. More information can be found here: <https://www.mentalhealthatwork.org.uk/ourfrontline/> |