

SERVICES & SUPPORT THAT IS AVAILABLE RIGHT NOW TO HELP, LISTEN AND SUPPORT YOU DURING THIS CRISIS



PositiveMinds is still accessible and our trained Wellbeing Advisors can provide help over the phone if you're experiencing anxiety, low mood or stress.

We also offer support with substance misuse, employment, financial difficulties and can offer advice to carers.

We have specialised Wellbeing Advisors to serve the veteran community.

We're available:

Monday to Thursday: 9.30am – 4.30pm

Friday: 9.30am – 4pm

To access support please call 023 9282 4795 or email PSRWellbeingcentre@solentmind.org.uk.



We've set up a free helpline, available to those experiencing poor mental health or emotional difficulties during the coronavirus pandemic.

023 8017 9049
Mon - Fri 10am - 4pm



Dedicated to helping Portsmouth's most vulnerable residents through coronavirus.

We can help deliver foods or prescriptions, do welfare visits/calls or help with pets e.g. dog walking/essential vet visits.

023 9261 6709 (Mon - Fri 9am-5pm)



It's completely normal to feel overwhelmed or anxious at this time. Services are working hard to provide you with the support that you need.

IT'S OK TO ASK FOR HELP. NOW, MORE THAN EVER WE NEED TO LOOK AFTER OURSELVES AND GET SUPPORT IF WE'RE STRUGGLING.



Online, on the phone, anytime.

Childline.org.uk | **0800 1111**

If you are 19 or under, you can contact ChildLine about anything. No problem is too big or too small. Speak to a counsellor straight away on **0800 1111** (Freephone).

The Mix

Offers confidential, free support to under 25's on any challenges they're facing

www.themix.org.uk



If you're a young person, get advice to help you understand the way you're feeling and find the right support. Select mental health under 'health for young people' at www.what0-18.nhs.uk



Need to talk to someone?
Confidential and emotional support 24 hours a day.

116 123 (Freephone)
jo@samaritans.org



THE RECOVERY HUB:

We have a reduction in face to face appointments but our service is still available if you are concerned about your **alcohol or drug use**.

023 9229 4573
recovery.hub@ssj.org.uk



PORTSMOUTH CARERS CENTRE

Can offer support and advice to help carers during this difficult time.

Available weekdays 8am-4pm

Call 023 9285 1864 or email carerscentre@portsmouthcc.gov.uk



THE RECOVERY HUB:

We have a reduction in face to face appointments but our service is still available if you are concerned about your **alcohol or drug use**.

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recovery.hub@ssj.org.uk

BEREAVEMENT SUPPORT

Co-op Bereavement Centre offers free emotional and practical support.

Contact them on

07885 843863

or email

info@thebereavementcentre.co.uk

Cruse Bereavement Care has online support to deal with bereavement and grief during the coronavirus outbreak including information on changes to funerals. Visit cruse.org.uk



PORTSMOUTH HOUSING OPTIONS

Providing advice and help to anyone who is homeless or at risk of becoming homeless.

023 9283 4989

housing.options@portsmouthcc.gov.uk

ADVICE PORTSMOUTH

Still providing information and advice over the phone on benefits, debt, employment, family issues and if you're struggling to pay bills.

077 8955 0593

advice.portsmouth@theyoustrust.org.uk

www.theyoustrust.org.uk





**Domestic Abuse Helpline
COVID-19 Response
02394 216 816
24hr - 7 days a week**

Safety Advice
Emotional Support
Onward Support Referrals
DMs are open on Instagram/
Twitter and Facebook



Respect
Men's advice line



Respect Men's Advice
Line - helping male
victims of domestic
abuse.

0808 801 0327
mensadvice.org.uk



If you're a child or
young person and
domestic abuse is
happening in your
home or relationship,
call **ChildLine** on
0800 1111.



**National LGBT+
Domestic Abuse
Helpline -
0800 999 5428
help@galop.org.uk**



If you are reading this because you are having suicidal thoughts, try to ask someone for help. It may be difficult at this time, but it's important to know that you are not beyond help and you're not alone. You are important, your life is valuable and there are people who care about you.



Whether you're thinking about
self-harming, or you've already
hurt yourself, we're here to listen.
No pressure, no judgement. Call us
free on 116 123.

If you need medical help but it's not an
emergency call **111**.

This service also has specialist mental
health nurses who can support you -
both adults and young people. NHS
111 is available 24 hours a day, 7 days
a week and is free from any phone.

**If it's an emergency, call
999.**

Search '**suicidal**' on
nhs.uk for services and
advice that can help you.
It also has advice if you're
worried about someone
else.

Staying Safe
from suicidal thoughts

STAYING SAFE

Free resources, including how to make a Safety Plan,
for anyone distressed, thinking about suicide or
worried about someone they care about. Many of these
resources have been developed by people who have
been suicidal and have made it through.

stayingsafe.net

GRASSROOTS
preventing suicide together

Grassroots has a free Stay Alive app which provides
help and support both to people with thoughts of
suicide and to people concerned about someone else.
www.prevent-suicide.org.uk



Papyrus HOPELINEUK

A confidential support and advice service for anyone
under the age of 35 who might be having thoughts of
suicide.

You can call **0800 068 41 41**, text **07860039967** or
email **pat@papyrus-uk.org**.

Opening hours are 9am-10pm weekdays,
2pm-10pm weekends and Bank Holidays.



**The Campaign Against Living
Miserably (CALM)**

A charity dedicated to preventing male
suicide. You can call their free and anonymous
helpline **0800 58 58 58** or use their web chat,
5pm-12am every day.
Visit **www.thecalmzone.net**