

		Address / Website	Tel number / Email	Useful Information	Specific Covid-19 information
MENTAL HEALTH / WELLBEING					
	First Response		Open 24/7 01274 221181	Any age. Also have an evening safe space service called 'The Sanctuary' 6pm-1am	
	Relate	https://relatebradford.org/	Mon to Thur 9am - 9pm and Fri 9am - 3pm 01274 726096 or E: information@relatebradford.com		Telephone or webcam on relationship, individual couple's therapy for depression, children & YP's, family, and telephone counselling, sex therapy and training & education
	Bradford Counselling Services	https://bradfordcounsellingservices.org.uk/	T: 01274 733080 Mon to Thurs 10am-8pm Friday 10am-2pm E: info@bradfordcounsellingservices.org.uk		Following the advice issued by the UK Government on March 16th in relation to COVID-19, we took the difficult decision to close our office space, cease all face to face counselling sessions, and move to operating a remote counselling service via video conferencing. This means that all clients already on the waiting list will be contacted and offered remote counselling. Due to remote counselling not accepting any new referrals at this time.
Frontline Workers	Frontline Counselling		frontlinecounselling@mail.com	Offering up to six 30 minute counselling sessions free for anyone in the 'helping professions' - they could be support workers, mental health workers, charity workers, social workers etc. This can be on any issue, work or personal.	
Frontline Workers	Public Health England	https://www.futurelearn.com/courses/psychological-first-aid-covid-19/1		Get psychological first aid (PFA) training and help people with different needs to cope with the emotional impact of COVID-19.	
	BEAP		01274 731020	Telephone advice, support & signposting	
	Neighbourhood Resource Centre		01274 307866	Telephone advice, support & signposting	
	Mind	https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/		Crisis services and planning for a crisis	https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/

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	Mind in Bradford (Befriending Project)	https://www.mindinbradford.org.uk/support-for-you/community-companions/	Referrals - 07734 407210 (Donna Hudson) or email Community.companions@nhs.net (Name of referral, address, telephone number and DOB, plus a reason for referral)	Accepting those with memory loss and Dementia, but not those with drug or alcohol problems.	
	Guide-Line (through Mind In Bradford)	https://www.mindinbradford.org.uk/support-for-you/guide-line/	Telephone 01274 594594 12pm-12am, 7 days a week, (including bank holidays) Email admin@mindinbradford.org.uk	Guide-Line is a confidential telephone support service which offers mental health advice and information. Lines are open to anyone aged 18+ who feels in need of help or who is worried about a loved one. It is not a counselling or therapy service but speaking to one of our workers could help you stay well, build resilience and find out what support is available locally. All calls are confidential unless we feel there is an immediate risk to you or someone else. Urdu and Punjabi speakers can be requested.	
	Elefriends	https://www.elefriends.org.uk/		Elefriends is a safe, supportive online community where you can be yourself.	
	My Wellbeing College	http://bmywellbeingcollege.nhs.uk/	0300 555 5551 and press option 3 For queries e-mail mwcadmins@bdct.nhs.uk	Free NHS service to help manage everyday problems such as feeling low, anxious and or experiencing stress, or having problems sleeping.	*As of 4th June after initial telephone assesment there is a 4 week waiting period for telephone therapy* telephone appointments only at the moment. <u>Self-refer online</u> or call. Now able to offer guided self-help courses virtually, the only requirement is internet access. 2 courses available: Managing MyAnxiety & Managing MyDepression. Self-refer via http://bmywellbeingcollege.nhs.uk/home/link-self-referral/ or by calling 0300 555 555 1.
	Inspired Neighbourhoods		01274 665598 or Email your phone number to Mhwellbeing@incic.co.uk and you will receive a callback	Supporting adults, young people and elderly in the Bradford District	Continuing to offer support & advice during Covid-19 outbreak via phone, Skype and Zoom
	Shout		Text: SHOUT to 85258	Chat to someone via message during a MH crisis	
Depression	PeerTalk	https://www.peertalk.org.uk/	For information on groups call 07719 562617 or email admin@peertalk.org.uk	PeerTalk's vision is to establish a UK wide network of volunteer facilitated peer support group meetings for people who experience depression and to offer support to their families. In addition they aim to inform & equip individuals & communities to make a positive response to MH issues.	Support groups closed due to lockdown however are offering weekly updates. Contact through website.

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	Samaritans	www.samaritans.org	T: 116 123		https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/
Men in Crisis	CALM (Campaign Against Living Miserably)	https://www.thecalmzone.net/	T: 0800 58 58 58 (5pm-midnight 365 days of the year)	The Campaign Against Living Miserably (CALM) is leading a movement against suicide. Every week 125 people in the UK take their own lives. And 75% of all UK suicides are male. CALM exists to change this.	
Crisis	Maytree	https://maytree.org.uk/	T: 020 7263 7070 E:maytree@maytree.org.uk	Provide a unique residential service for people in suicidal crisis so they can talk about their suicidal thoughts and behaviour. Offer a free 4 night, 5 day one-off stay to adults over the age of 18 from across the UK. Providing a safe, confidential, non-medical environment.	Maytree is currently offering email and telephone support between 10am and 6pm at the present time. Residential stays will resume at a later date when the house re-opens.
Support for men	Andy's Man Club	www.andysmanclub.co.uk		Provide weekly club meetings where men can get together and talk openly about things that they may be struggling with in a non-judgmental, confidential environment. Creating a community where men can share their experiences, support each other and by doing this, reduce the pressure and feelings of isolation and frustration.	
	Government press release advice to support people with MH throughout crisis	https://www.gov.uk/government/news/new-advice-to-support-mental-health-during-coronavirus-outbreak?utm_source=6030a355-bc47-42d5-acc5-8499a6f38573&utm_medium=email&utm_campaign=govuk-notifications&utm_content=daily			
	NHS	https://www.nhs.uk/oneyou/every-mind-matters/		Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.	Find guidance, advice & tips on how to maintain your mental wellbeing if you need to stay at home.
	NHS (anxiety specific)	https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/?gclid=EAlaQobChMIh_IY9ua66AIVRrDtCh2LnwqXEAAAYASAAEgL9xPD_BwE		10 tips to help if you are worried about coronavirus	
	Anxiety UK	https://www.anxietyuk.org.uk/get-help/	T: 03444 775774 (Mon-Fri 9:30am to 10pm, Weekends 10am to 8pm) Text service: 07537 416905 E: help@anxietyuk.org.uk	Downloadable guides to dealing with anxiety.	https://www.anxietyuk.org.uk/coronanxiety-support-resources/
	NHS	https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/		A guide to mental wellbeing while staying at home	

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	NHS	https://www.nhs.uk/apps-library/category/mental-health/		Mental health apps to download (some are free, some cost)	
	NHS	https://www.nhs.uk/live-well/exercise/		Physical activity guidelines for adults (19-64)	
	NHS	https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/#what-activities-strengthen-muscles		Physical activity guidelines for 65+	
	NHS	https://www.nhs.uk/live-well/exercise/get-fit-with-strength-and-flex/		5-week plan through 5 podcasts to help you get up and moving, and improve your health and wellbeing. No equipment or technical gear needed and can be done anywhere.	
	NHS	https://www.nhs.uk/live-well/exercise/sitting-exercises/		Gentle seated exercises to help improve mobility and prevent falls. Can be done at home.	
	Calm - Take A Deep Breath	https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_non_subs_031720			Specific blog post from Calm for help during COVID-19. With free resources inc meditations for sleep & relaxation, mindfulness resources and resources for children.
Aimed at over 50's	The Mindfulness Garden	https://hcf.us2.list-manage.com/subscribe?u=56df061dda4c7830f63c4fcb8&id=0dfaa270c1	T: 07403 394142 E: charlie@hcf.org.uk	Weekly virtual meetings from 9th July to catch up with others, learn ways to be kind to your mind & connect with nature	Weekly email for mindfulness practice. Nature connection & meditation practice sent out via email each Tuesday.
Older People's Mental Health	Digital Care Hub	http://www.airedaledigitalcare.nhs.uk/	T: 01535 292764 8am-8pm	Set up to support any concerns over deterioration of an older person's mental health, delirium or dementia. Patients living in their own home require a referral to My Care 24. No referral required for care home residents.	WAITING FOR CLARIFICATION FROM SAM
	Mental Health Foundation	https://www.mentalhealth.org.uk/coronavirus			Tips on looking after MH & wellbeing whilst at home, financial & housing worries, working from home, talking to children about the crisis and relationships (including abusive).
	Healthy Minds	https://www.healthyminds.services/		Healthy Mind's Wellbeing Assistant is a 3 step tool designed to help find the best mental health & wellbeing support specifically to the individual. Browse & filter our full index of Bradford & Craven services at any point so, whether you're seeking help or just looking to build your resilience to life's every day challenges.	Article by Dr Amir Khan on how to combat uncertainty & anxiety during Covid-19 outbreak https://www.healthyminds.services/content-article/ivvcxliptp80mnygapub?category=Anxiety

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Mental Health Advocacy	Vital	www.vitalprojects.org.uk	01274 770118 (responding to left voicemails as office not open) or email hello@vitalprojects.org.uk	Provide expert advocacy advice & support over phone or email.	https://www.vitalprojects.org.uk/news/self-care-week
Men's MH support	Shed Central	http://www.shedcentral.co.uk/	07432 484960 Email shedcentral@outlook.com	This is a wellbeing service for men, offering both physical and mental health services – one of which is ManJam, a social group connecting men around music.	This is currently offered digitally.
Men's MH - video series	The Book of Man	https://thebookofman.com/mind/mental-health/jacamo-arms-length/			Collaboration between Jacamo and CALM. Video series on mental health and men in lockdown.
Men's support	Men's Health Forum	https://www.menshealthforum.org.uk/	WhatsApp group discussing Covid-19 amongst men - send a message to 07887 986048 to be added.	Lots of advice & support on men's health, particularly surrounding Covid-19 at the moment.	https://www.menshealthforum.org.uk/staysafe?utm_source=MHF+newsletters&utm_campaign=04fc745576-Men+and+COVID+2020+05+29+03+17+COPY+01&utm_medium=email&utm_term=0_b8d405abd-04fc745576-444291413&mc_cid=04fc745576&mc_eid=aeffb801240
Veterans/Military	Contact	https://www.contactarmedforces.co.uk/	https://www.contactarmedforces.co.uk/we-can-help/contact-us	Contact is a group of charities working with the NHS and the MOD. We want to make it simpler for the military community to find support with their mental wellbeing.	
	Healthy Hearts	https://www.yacad.co.uk/60	Email join live classes Healthyhearts@yacad.org	Movement to music for ages 60+	Due to Covid-19 they are now offering this class via video communication free for all aged 60+
	BTM			Accessible information on Covid-19	https://www.btm.org.uk/resource-category/accessible-information-about-coronavirus/
	Womenzone		T: 01274 665270 (Lubna)		Zoom exercise class Weds 3pm & Zoom ChitChat Thrs 3pm
	Nafs BD3		07884 292992		Exercise in the park. Max 6 people. £2 for half hour. Also on Zoom.

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Money worries & MH	Healthy Minds	https://www.healthyminds.services/content=/article/Ocqiunrgkfcjtrgmbsb?category=Self+care			
Learning Disability Health Support	Waddiloves Health Centre	https://www.bdct.nhs.uk/services/learning-disability-health-support-team/	T: 01274 497121	Working with adults with learning disabilities who have physical and mental health needs. Dieticians, occupational therapy, psychiatrists, psychologists, learning disability nurses, health support workers, speech and language therapists, physiotherapists	
Clinically extremely vulnerable / shielding	Government Guidance	https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19			
Alzheimers	Alzheimers Society	https://www.alzheimers.org.uk/coronavirus-covid-19		Link in next box is to an activities for guide for people living with dementia during outbreak	https://681caa24-5d92-4161-8aa4-ca91077bfee3.filesusr.com/ugd/abfa07_9e5ebb47e6dd4ca7a091847890ad340c.pdf
Aphasia	Speak With IT	https://www.speakwithit.org/	01924 888608 Email: info@ speakwithit.org	Providing support to people including those still receiving support from local NHS speech therapy departments following a stroke/injury , or those discharged a while ago.	https://www.speakwithit.org/2020/03/25/our-response-to-coronavirus/
Asthma	Asthma UK	https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/			Coronavirus advice for people with asthma
Bipolar	Bipolar UK	https://www.bipolaruk.org/		Tips and advice including courses, on managing bipolar	
Bowel Cancer	Bowel Cancer UK	https://www.bowelcanceruk.org.uk/news-and-blogs/coronavirus-faqs/?utm_medium=email&utm_campaign=June%20e-newsletter%202020&utm_content=June%20e-newsletter%202020+CID_6f61187595fe1ade715583a0237f432f&utm_source=Campaign%20Monitor&utm_term=coronavirus%20su			Advice & guidance on dealing with Bowel Cancer during the pandemic
Cancer	Cancer Research UK	https://www.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer			Advice from Cancer Research UK on Coronavirus and Cancer

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Child Liver Disease	Children's Liver Disease Foundation	https://childliverdisease.org/coronavirus-update-for-parents/			Information and guidance for parents of children and young people with liver conditions during the coronavirus outbreak
Chronic Kidney Disease	Kidney Care UK	https://www.kidneycareuk.org/news-and-campaigns/coronavirus-advice/			Coronavirus advice for people living with chronic kidney disease
Chronic Liver Condition/Liver Transplant	British Liver Trust	https://britishlivertrust.org.uk/coronavirus-covid-19-health-advice-for-people-with-liver-disease-and-liver-transplant-patients/			Coronavirus information for people living with a chronic liver condition
COPD	British Lung Foundation	https://www.blf.org.uk/support-for-you/coronavirus			Coronavirus advice for people living with COPD
Dementia	Dementia UK	https://www.dementiauk.org/get-support/coronavirus-covid-19/			Coronavirus information for families looking after someone with dementia
Diabetes	Diabetes UK	https://www.diabetes.org.uk/about_us/news/coronavirus			Coronavirus advice for people living with Diabetes
Epilepsy	Epilepsy Society	https://www.epilepsysociety.org.uk/epilepsy-and-coronavirus-covid-19-faqs#.Xnk40WC7JPY			Epilepsy and the Coronavirus (COVID-19) FAQs
Heart Conditions	BHF	https://www.bhf.org.uk/information-support/coronavirus-and-you#experts			Heart conditions and Coronavirus
HIV	Terrance Higgins Trust	https://www.tht.org.uk/news/coronavirus-covid-19			Advice from the Terrance Higgins Trust on Coronavirus and HIV
Motor Neurone Disease	MND Association	https://www.mndassociation.org/mnd-and-coronavirus/			Coronavirus and MND

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Multiplesclerosis	MS Society	https://www.mssociety.org.uk/about-ms/treatments-and-therapies/disease-modifying-therapies/covid-19-coronavirus-and-ms			This page gives the latest guidance on coronavirus COVID-19 for people affected by multiple sclerosis
Parkinson's disease	Parkinson's UK	https://www.parkinsons.org.uk/news/understanding-coronavirus-and-parkinsons			Understanding coronavirus and Parkinson's
Sickle Cell	Sickle Cell Society	https://www.sicklecellsociety.org/coronavirus-and-scd/			Coronavirus advice for people living with sickle cell disorder