

SUPPORT IS STILL AVAILABLE FOR PATIENTS WITH MENTAL WELLBEING CONCERNS DURING COVID 19



ADVICE LINES

- The Cornwall and Isles of Scilly 24/7 NHS mental health response line **(0800 038 5300)**
- Call **116 123** to talk to Samaritans, or email: **jo@samaritans.org** for a reply within 24 hours
- Citizens Advice Cornwall **(03444 111 444)** for financial advice simply text **“ADVICE”** for general queries or for financial advice text **“DEBT”** to **78866**

Many GP surgeries offer a social prescribing service. Link workers are available to help people access a range of activities and support their mental wellbeing.

For young people:

- Text **“YM”** to **85258** to contact the Shout Crisis Text Line
- Live chat with Your Way **www.your-way.org.uk/coronavirus**
- Online wellbeing community for young people **www.kooth.com**
- Search **Every Mind Matters** for expert tips and advice to support children and young people with their mental wellbeing.

ONLINE

- To stop mental health getting to crisis point, try five ways to wellbeing. Find out more **www.cornwall.gov.uk/fiveways**
- Online guides for carers, people with OCD/ anxiety, children, pregnant mums and many more visit **www.cornwall.gov.uk/wellbeingguides** or email **phdesk@cornwall.gov.uk** for a hard copy
- Downloadable or interactive safety plans to help avoid crisis and manage suicidal thoughts **www.cornwall.gov.uk/mentalhealth**

For young people:

- Make yourself a mental health action plan **www.startnowcornwall.org.uk/actionplan** or young persons five ways to wellbeing online at **www.startnowcornwall.org.uk/fiveways**



Cornwall and the Isles of Scilly
Health and Care Partnership