

# Kendal Integrated Care Community & Primary Care Network



## Resources to Support Mental Health during COVID19

### Adults:

**LSCFT - NHS Lancashire & South Cumbria Foundation Trust**  
**Mental Health Helpline and texting service 0800 915 4640**  
<https://www.lscft.nhs.uk/Mental-Health-Helpline>

and,

**Mindsmatter**  
<https://www.lscft.nhs.uk/Mindsmatter>

**NHS – EVERY MIND MATTERS**  
<https://www.nhs.uk/oneyou/every-mind-matters/>

**ACTION FOR WELLBEING**  
Support for those with suicidal thoughts and for those affected by suicide.  
<https://www.actionforwellbeing.uk/about/>

**AGE UK SOUTH LAKELAND**  
**01539 728180**  
Telephone befriending.

**MANNA HOUSE (Kendal)**  
**01539 725534**  
Support for those who are homeless, vulnerably housed, lonely or needing help.  
Telephone advice only Mon-Fri 0930-1500

**CARER SUPPORT SOUTH LAKES**  
**01539 815970**  
Service available via telephone.  
<https://carersupportsouthlakes.org.uk/covid19-carer-support-south-lakes/>

**UNITY (Kendal)**  
**01539 244004**  
NHS substance misuse service.  
Supporting existing clients over the telephone; but will also advise and signpost others.

**CADAS (Kendal)**  
Cumbria Alcohol and Drug Advisory Service.  
Supporting existing clients over the telephone and via Skype.

**SIGHT ADVICE South Lakeland**

**01539 769055**

<http://sightadvice.org.uk/>

Assistance for people who have sight loss.

Telephone and on-line advice and emotional support.

**CANCERCARE KENDAL**

**Helpline 03330 150628**

Offering support for those affected by cancer.

Telephone support and delivery service – pharmacy and food.

**SPRINGFIELD DOMESTIC ABUSE SUPPORT KENDAL**

Telephone support to existing clients only

**VICTIM SUPPORT SOUTH CUMBRIA**

Domestic Violence Service

[cumbriaidsva@victimsupport.org.uk](mailto:cumbriaidsva@victimsupport.org.uk)

**MANKIND**

**01823 334244**

Confidential help for male victims of domestic abuse

<https://www.mankind.org.uk/>

**RESPECT Men's Advice Line**

**0808 8024040**

Male victims and perpetrators of domestic abuse.

<http://respect.uk.net/>

**MIND**

**0300 123 3393**

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

**RETHINK**

<https://www.rethink.org/advice-and-information/covid-19-support/>

**SAMARITANS**

**116 123**

<https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

**WHO**

<https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf>

**QWELL On-Line Counselling**

<https://www.qwell.io/>

**SILVERLINE****0800 470 8090**<https://www.thesilverline.org.uk/>**ICON**

Information about infant crying and how to cope

<http://iconcope.org/#>**CRUSE BEREAVEMENT SUPPORT****0808 808 1677**<https://www.cruse.org.uk/>**Children and Young People:****WHO** Guidance to support children[https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\\_2](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2)**KOOTH** On-line Counselling for Young People<https://www.kooth.com/>**CHILDLINE****0800 1111**<https://www.childline.org.uk/get-support/contacting-childline/message-from-childline/>**ANNA FREUD NATIONAL CENTRE FOR CHILDREN AND FAMILIES**

COVID Advice and support for children, young people, parents and carers.

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>**MINDHEART**

Link to booklet for families to download, to enable them to explain COVID to children under 7.

<https://www.mindheart.co/descargables>**YOUNG MINDS** - Support for young people and advice for parents**0808 802 5544** – Parents Helpline<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>**THE MIX** – Under 25's Helpline**0808 808 4994**

TEXT Service THEMIX to 85258

<https://www.themix.org.uk/>**NATIONAL AUTISTIC SOCIETY**

Telephone service suspended for the time being. Use on-line help enquiry form in 'Contact Us'

<https://www.autism.org.uk/services/helplines/coronavirus.aspx>

## **Activities:**

**DIGNITY IN DEMENTIA** - Keeping active in the home

[http://www.dignityindementia.org/wp-content/uploads/2020/03/Remain-active-in-the-home.pdf?fbclid=IwAR2aIR3\\_7R9ff3jcgQW6u\\_kinJuCJ2OxGhRpJX6i5DhmNwq92zi69qNwo3g](http://www.dignityindementia.org/wp-content/uploads/2020/03/Remain-active-in-the-home.pdf?fbclid=IwAR2aIR3_7R9ff3jcgQW6u_kinJuCJ2OxGhRpJX6i5DhmNwq92zi69qNwo3g)

**SPACE2CREATE KENDAL**

(Facebook Page contains activity for existing clients; and walk –through exhibition)

[https://www.facebook.com/watch/?v=302488327386864&external\\_log\\_id=40f296f-b48f24f7f38bc6840087002a4&q=soace2create](https://www.facebook.com/watch/?v=302488327386864&external_log_id=40f296f-b48f24f7f38bc6840087002a4&q=soace2create)

**MISP** Mindfulness In Education

Daily on-line Mindfulness sessions for families

<https://mindfulnessinschools.org/misp-sit-together/>

**CHATTER PACK**

List of free, online boredom-busting resources.

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

**JOE WICKS DAILY PE** on Facebook

<https://www.facebook.com/JoeWicksTheBodyCoach/videos/243516396683639/>

## **Apps:**

**HEADSPACE**

<https://www.headspace.com/headspace-meditation-app>

**THE MINDFULNESS APP**

<https://themindfulnessapp.com/>

**CALM**

<https://www.calm.com/>