

ONLINE RESOURCES:

Looking after your personal wellbeing and health during COVID 19:

National guidance and support

NHS choices

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

UK Government response

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

NHS 111 online

<https://111.nhs.uk/service/COVID-19/>

Long term conditions that fall into at risk groups, pregnancy and those >70 years:

Volunteering opportunities and local support available to help you whilst in isolation:

All high risk groups

Register that you fall into a vulnerable group to enable support with getting food and medication etc during isolation.

<https://www.gov.uk/coronavirus-extremely-vulnerable>

Cary Cares medicines and shopping help scheme:

<https://www.castle-cary.co.uk/wp-content/uploads/Medicines-and-Shopping-Help-Scheme-.pdf>

<https://www.facebook.com/carycarescorona/>

Castle Cary Town council website:

<https://www.castle-cary.co.uk/coronavirus-covid-19-advice-and-updates/>

COVID Mutual Aid Main website: <https://covidmutualaid.org> – local groups set up to help each other during COVID 19.

All high risk groups

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<https://www.gov.uk/coronavirus-extremely-vulnerable>

>70years

Age UK: Advice and support on keeping well during the COVID 19 outbreak.

<https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/coronavirus/>

Asthma:

Asthma UK: COVID 19 Health advice for people with asthma:

<https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/>

Cancer:

Macmillan cancer support: Support and advice for patients with cancer. Email and online live chat support. <https://www.macmillan.org.uk/cancer-information-and-support/get-help/physical-help/cancer-and-coronavirus>

COPD and other lung conditions e.g. pulmonary fibrosis:

British Lung Foundation: Support and advice about keeping well during COVID 19.

<https://www.blf.org.uk/support-for-you/coronavirus/people-living-with-lung-condition>

Diabetes:

Diabetes UK: support and advice for people with type one and type two diabetes during COVID 19. https://www.diabetes.org.uk/about_us/news/coronavirus

Heart conditions: Previous heart attacks/angina/heart failure etc:

British Heart Foundation: <https://www.bhf.org.uk/how-you-can-help/volunteer/volunteer-covid-19-support> – support and advice from British Heart Foundation Volunteers.

Pregnancy and breastfeeding:

Royal College of Obstetricians and Gynaecologists: Advice for patients who are pregnant or breastfeeding during the COVID 19 outbreak. <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/>

Royal College of Psychiatrists: How to look after your mental health in pregnancy. <https://www.rcpsych.ac.uk/mental-health/treatments-and-wellbeing/mental-health-in-pregnancy>

Rheumatological conditions:

Rheumatology patients: e.g. those with inflammatory conditions such as rheumatoid arthritis, psoriatic arthritis and ankylosing spondylosis: Advice around immunosuppressant medications and how to keep well during coronavirus:

<https://www.rheumatology.org.uk/News-Policy/Details/Covid19-Coronavirus-update-members>

Carer Support:

Carers UK: Support and guidance on looking after yourself and those you care for during COVID 19: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>

Work and Finance:

Employer and Employee Support:

ACAS (Advisory, Conciliation and Arbitration Service): Support and advice for employers and Employees during coronavirus: <https://www.acas.org.uk/coronavirus>

Working from home: Maintaining you wellbeing: American Psychiatric Association advice and support: <http://workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19>

Financial Support

HMRC Tax Helpline to support small businesses and the self employed:

<https://www.gov.uk/government/news/tax-helpline-to-support-businesses-affected-by-coronavirus-covid-19>

How to access government financial support if you or your business has been affected by coronavirus:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/873676/Covid-19_fact_sheet_18_March.pdf

Wellbeing:

Mind: Guidance from how to manage anxiety and worry surrounding COVID 19, to support on getting medications, food etc whilst you are in self isolation.

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

Mental Health.org: Specific guidance on managing information overload and isolation:

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Headspace: Free meditation, sleep and movement exercises to help maintain wellbeing during COVID 19. <https://www.headspace.com/covid-19>

Working from home: Maintaining you wellbeing: American Psychiatric Association advice and support: <http://workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19>

Child and young adult wellbeing and mental health support during COVID 19:

Childline: Support and Resources to help children with anxiety and worries surrounding COVID 19: <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Alternatively you can call **0800 111**.

Young Minds: Online support and advice for child and young people around managing your wellbeing during the COVID 19 outbreak and general wellbeing and mental health support.

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>Also

Text service for URGENT support: Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. (If you need urgent help text YM to 85258: Free from most mobile providers)

Parents' Young Mind Helpline: 0808 802 5544 (09.30am-1630pm Mon-Fri) For support and advice for parents and carers who have under 25 year olds' in their care who they feel need emotional and mental health support.

Kooth: Free, safe and anonymous online support for young people:

<https://www.kooth.com>

Patients who are doctors or medical students:

Wellbeing:

BMA Counselling and Peer support: 0330 123 1245 – Confidential 24/7 counselling and peer support services open to all doctors and medical students. **Can also be accessed online via 'live chat' on their online portal:** <https://www.bma.org.uk/advice/work-life-support/your-wellbeing/counselling-and-peer-support>