Links to helpful information & resources

**General Government Guidance and Updates**

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

**NHS Guidance**

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

<https://www.nhs.uk/oneyou/every-mind-matters/>

**Mind.org Resources**

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse77625>

**Other Mental Health Resources**

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

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

**For Key Workers**

<https://www.mind.org.uk/information-support/coronavirus/coping-as-a-key-worker/>

**Your Rights to Social Care and the Coronavirus Act 2020 Information**

<https://www.mind.org.uk/information-support/legal-rights/coronavirus-and-your-rights/coronavirus-and-social-care-rights/>

**\*UPDATED\* Crisis Help and Helplines**

**\*UPDATED\* Lancashire & South Cumbria NHS Foundation Trust -** <https://www.lscft.nhs.uk/crisis>

The newly launched telephone support service is available 24 hours a day, 7 days a week, by calling 0800 953 0110. Trained medical professionals are available to answer calls from people needing immediate advice or assistance, for themselves or a friend or family member. Callers can receive a mental health assessment and referral on to appropriate services.

If the person is in a crisis and in need of medical attention, you should call 999 and ask for an ambulance to take them to A&E.

If the person is a presenting as a danger to themselves or members of the public you should contact the Police on 999.

Samaritans on free phone 116 123 (open 24 hours a day every day of the year)

Specialized Triage, Assessment and Referral (START) team do referrals Mon-Fri 9-4.30pm. Their contact details are:

Chorley & South Ribble- 01772 676173

Preston-01772 647024

West Lancs-01695 684161

Fylde Coast-01253 951640

Blackburn-01254 226074

Hyndburn, Rossendale & Ribble Valley- 01254 226006

Pendle & Burnley-01282 628455

Lancaster & Morecambe-01524 550198