

**Emergency contact:** 999

**Non emergency's:** contact your GP or NHS 111 via 111 or <https://111.nhs.uk/>

**Health:**

**NHS Covid-19 Information:** <https://www.nhs.uk/conditions/coronavirus-covid-19/>

**Covid- 19 in other languages:** <https://www.doctorsoftheworld.org.uk/coronavirus-information/>

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

**Patient information on Covid-19:** <https://patient.info/>

**Government for extremely vulnerable**

If you need help with care but you are not sure who to contact call **0800 0288327** which is the government helpline <https://www.gov.uk/coronavirus-extremely-vulnerable>

**NHS eat well guide:** <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

**NHS mental health and wellbeing:** <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

**Mental health support:**

**The Silver Line:** Over 55 Befriending service 0800 470 80 90 <https://www.thesilverline.org.uk/>

**Samaritans:** 116 123 [www.samaritans.org](http://www.samaritans.org)

**Newham Crisis Helpline:** 020 7771 5888

Mental Health Crisis / Out of Hours: Newham - 24 Hours

Call this number if you feel your mental health is deteriorating or if you are in distress and you need to contact a qualified mental health professional out of office hours

**Newham Talking Therapy:** Self refer via 0208 475 8080  
[www.newhamtalkingtherapies.nhs.uk](http://www.newhamtalkingtherapies.nhs.uk)

**NHS List of helpline:**

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

NHS website has information and support on managing your mental health during the epidemic. <https://www.nhs.uk/oneyou/every-mind-matters>

**Mind:** support for your mental health and wellbeing: 020 7510 1081

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

**LGBTIQ Mental Health:**

<https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtiqplus-mental-health/useful-contacts/>

**Shout:** 24/7 Text support service 85258 : <https://www.giveusashout.org/>

**Chat Newham – Befriending service:**

Open 10am – 4pm Monday Please call our Support line FREE on Tel: 0808 196 3510

**Social Prescriber:** A free support service to help you manage stress and provide support. Self-refer at you GP surgery.

Bereavement:

- **Child Bereavement UK:** 0800 02 888 40 <https://www.childbereavementuk.org/>
- **Newham Bereavement:** 0207 510 1081 / 0207 510 4268 <https://www.mithn.org.uk/our-services/talking-therapies/newham-service/newham-bereavement-service/>
- **Cruse Bereavement:** 0808 808 1677  
<https://www.cruse.org.uk/>
- **Government guidance:** <https://www.gov.uk/when-someone-dies>

**Exercise:**

**Sitting Exercises:**

<https://www.nhs.uk/live-well/exercise/sitting-exercises/>

**Fitness Studio exercise videos:** Yoga with LJ (Level: Beginner)

<https://www.nhs.uk/conditions/nhs-fitness-studio/yoga-with-lj/>

**NHS workout Video**

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

**NHS bedtime meditation video:**

<https://www.nhs.uk/conditions/nhs-fitness-studio/bedtime-meditation/>

**Food support:**

**Shielding and vulnerable support:**

**Help Newham**

Customer Service team 0208 430 2000 Option 9 or Online referral form: <https://www.newham.gov.uk/coronavirus-covid-19/covid-19-support-vulnerable-high-risk-people/1>

**NHS Volunteer Response service**

If you would like to self-refer, please call - 0808 196 3646 for pre- paid food delivery.

**Local food support:**

**Newham Carer:** Assistance in shopping deliveries, medical collection, providing supplies for NHS staff, befriending service and food bank/hot meals for the vulnerable, at work or in isolation.

0208 064 0403 | [hello@newhamcares.com](mailto:hello@newhamcares.com)

**CVD-19 care packages:** 07966 151966

**Food4SEND:** Foodbanks for families with children and young people with special educational needs and disabilities (SEND)

Sophia 07491 999289.

**Voluntary Community Organisations:** <https://lbnewham.maps.arcgis.com/apps/webappviewer/index.html?id=2ab8da985502439997ec6e1937d66d44>

**Online Activities:**

**Virtual walks:** [https://poly.google.com/view/32\\_imuhVv\\_G](https://poly.google.com/view/32_imuhVv_G)

**Mind:** <https://www.mithn.org.uk/information-resources/covid-19-information-resources/>

**Resources for Autism:** <https://resourcesforautism.org.uk/activities-resources/>

**Together 2012:** <http://www.together2012.org.uk/join-in-from-home/#art>

**The Open University** <https://www.open.edu/openlearn/free-courses/full-catalogue>

**MTC Learning:** [www.mtclearning.com](http://www.mtclearning.com)

**Other support:**

**Newham Council:** 0208 430 2000

<https://www.newham.gov.uk/coronavirus-covid-19/coronavirus-service-disruptions-updates/1>

**Shelter:** Contact our expert housing advisers either online or telephone 0808 800 4444

[https://england.shelter.org.uk/get\\_help](https://england.shelter.org.uk/get_help)

**Community links:** 07734 022407 / 07867 458967

<https://www.community-links.org/>

**Citizens advice:** 0203 855 4472

<http://www.eastendcab.org.uk/newham/>

**Money works:** <https://newhammoneyworks.co.uk/>

**Age UK:** 020 85034800

<https://www.ageuk.org.uk/eastlondon/our-services/information-and-advice/newham-ia/>

**Bonny Downs:** <https://www.bonnydowns.org/coronavirus-response>

**Children support:**

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

**National Autism Society:**

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

**Activities for young people:** <https://www.newham.gov.uk/children-families/activities-young-people-newham/2?documentId=155&categoryId=20010>