

Every Mind Matters

We're here to help you make small changes that fit your life, so you feel better and healthier every day.

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

Staying active at home

Get moving without having to go to the gym. Give our easy 10 minute workouts a go!

<https://www.nhs.uk/oneyou/for-your-body/move-more>

Five-week strength and flex programme: <https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>

Or

Sport England: #StayInWorkOut work: <https://www.sportengland.org/news/how-stay-active-while-youre-home>

Or try

<https://www.bhf.org.uk/information-support/support/healthy-living/staying-active/getting-active>

Citizen's advice

<https://www.citizensadvice.org.uk/debt-and-money/if-you-cant-pay-your-bills-because-of-coronavirus/>

Plymouth COVID-19 Connections



AC April 2020

The Samaritans

Confidential emotional support 24 hours 7 days a week.
(You can try a “test” call so you know what to expect if you ring for real)

Tel: 116 123

www.samaritans.org

Plymouth City Council Adult Social Care Out Of Hours Team

Service provided by Plymouth City Council for emergencies when the council offices are closed. They provide support and advice for people in Plymouth who become vulnerable or at risk of harm in an emergency, at night or at weekends.

Tel: 01752 346984

Plymouth Online Directory (POD)

POD is a community-based directory with a focus on health, social and wellbeing services. Also offers links to the Money Advice Service.

www.plymouthonlinedirectory.com

Anxiety UK

Online chat and support groups

www.anxietyuk.org.uk

Head Space (Colebrook)

For anyone approaching a mental health crisis

www.colebrooksw.org/headspace

Email: headspace@colebrooksw.org

CALM Helpline

Confidential, anonymous and free support, information and signposting to men anywhere in the UK through their helpline.

Monday-Friday from 5pm to midnight every day,

Tel: 0800 58 58 58

Webchat (5pm - midnight)

www.thecalmzone.net

(Calls free from landlines and most mobiles)

Switchboard LGBT+ Helpline

Confidential support from 10am-10pm every day

Tips to help manage anxiety, suggestions on what to do when you're feeling low, some grounding exercises and a wellness toolbox.

Tel: 0300 330 0630

switchboard.lgbt

MIND

Providing advice and support to empower anyone experiencing a mental health problem. Offers support for Anxiety, mindfulness exercises and lots more.

www.mind.org.uk

Action for happiness

Action for Happiness helps people take action for a happier and kinder world. Sign up for: <https://www.dayofhappiness.net/10days>

www.actionforhappiness.org

NHS Mood Zone

Mental wellbeing Audio guides, tips and ideas

<https://www.nhs.uk/Conditions/stress-anxiety-depression/>