

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>

British Heart Foundation—get active

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

Plymouth COVID-19 Connections



April 2020

**If you need any advice in the coming months
whilst volunteering please contact the Wellbeing
Team**

Tel: 01752 437177

NHS 111

If you need medical help but it is not an emergency

Tel: 111

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

CALM Helpline

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

Monday-Friday from 1pm-11pm 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 LGBT+ Volunteers 10am-10pm every day

Tel: 0300 330 0630

switchboard.lgbt