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**Resources which may be helpful to people in Suffolk, especially those who feel their mental health and wellbeing is affected by Covid 19, in whatever way…**

1. New… COVID-19 Emotional Wellbeing information Hub

A new information Hub, containing resources to support emotional wellbeing and mental health has been launched.

COVID-19 is creating many pressures on individuals, employees and families. With the current and ongoing government measures urging people to stay at home, it is increasingly clear that people’s mental health and emotional wellbeing is of paramount importance. The Information Hub brings together guidance, tips and support in one place on the Healthy Suffolk website and can be accessed at; [**www.healthysuffolk.org.uk/covidhub**](http://www.healthysuffolk.org.uk/covidhub)

Localities and Partnerships Team | People Services | Suffolk County Council

1. The following Suffolk SAGES - Suffolk, Advice Guidance and Emotional Support website… [**https://www.sagessuffolk.co.uk/**](https://www.sagessuffolk.co.uk/) … is provided in partnership by Suffolk Libraries, Suffolk MIND and Suffolk Family Carers, to help people across Suffolk to look after their mental health and wellbeing.
2. Suffolk Libraries have a webpage sharing helpful information… [**https://www.suffolklibraries.co.uk/coronavirus/**](https://www.suffolklibraries.co.uk/coronavirus/)  …  for example, this includes a link to accessing their electronic…  eLibrary… download and stream free eBooks, eAudio, magazines, newspapers, films, documentaries and music… [**eLibrary instructions →**](https://www.suffolklibraries.co.uk/elibrary)
3. A webpage on the Ipswich and East Suffolk CCG website highlights Self Care Apps…

[**http://www.ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Trainingeducation/Trainingeducation/MentalHealthDigitalResources.aspx**](http://www.ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Trainingeducation/Trainingeducation/MentalHealthDigitalResources.aspx)

These include…

* Stay Alive… [**www.prevent-suicide.org.uk/find-help-now/stay-alive-app/**](http://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/)
* Living Life to the Full – LLTF, offering self-help for anxiety and depression… [**www.LLTF4Suffolk.com**](http://www.LLTF4Suffolk.com)
* One You – a national public health resource offering practical tips, apps and resources, to help us look after our mental health… [**www.nhs.uk/oneyou/every-mind-matters**](http://www.nhs.uk/oneyou/every-mind-matters)
* The Source – resources recommended for young people in Suffolk, including help with mental health and wellbeing, all accessible via the Source website at… [**www.thesource.me.uk**](http://www.thesource.me.uk)



1. Suffolk How Are You? is a campaign to help promote mental and physical health… [**www.suffolkhowareyou.co.uk**](http://www.suffolkhowareyou.co.uk)
2. Information about the new coronavirus disease 2019, Covid 19, is updated on the [**NHS website**](https://www.nhs.uk/conditions/coronavirus-covid-19/) and messages from Suffolk Public Health can be followed at… [**https://www.suffolk.gov.uk/council-and-democracy/council-directorates-services-and-senior-officers/directorates/public-health/suffolks-coronavirus-covid-19-response/**](https://www.suffolk.gov.uk/council-and-democracy/council-directorates-services-and-senior-officers/directorates/public-health/suffolks-coronavirus-covid-19-response/)

1. A link to the Good Neighbours Schemes, with direct contact telephone numbers.

Potentially useful for signposting, and as many people either don’t use the internet at all, or only have ever used it for a specific purpose, useful to be offering phone numbers as well as website and e-mail addresses… [**https://www.communityactionsuffolk.org.uk/making-your-voice-heard/network/suffolk-good-neighbour-schemes/**](https://www.communityactionsuffolk.org.uk/making-your-voice-heard/network/suffolk-good-neighbour-schemes/)

1. Healthwatch Suffolk have added new information to their website about coronavirus, about sources of support and services… [**www.healthwatchsuffolk.co.uk/coronavirus**](http://www.healthwatchsuffolk.co.uk/coronavirus)

The HWS team are providing support with Signposting… contact by email to **info@healthwatchsuffolk.co.uk** or by freephone on 0800 44 88 234. ‘If you can’t get through, leave us a message and someone will return your call before the end of the next working day’.

1. The Norfolk and Suffolk Victim Care Service’s offices are closed…  “we will continue to provide telephone support to anyone who has been impacted by crime - if the crime has been reported or not. You can contact us on 0300 303 3706 between 8am-5pm. Outside of these hours, for the National Victim Support 24 hour helpline tel. 0808 168911    E-mail; **nsvictimcare@victimsupport.org.uk**  …  and for further information about the service, weblink… [**www.nsvictimcare.org**](http://www.nsvictimcare.org/)
2. Sharing the following links from Suffolk MIND…

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| Helpful advice & resources   To help you through this uncertain time, we have put together a range of resources including blogs and videos for all the family... |

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| [Visit our website for resources for children](https://suffolkmind.us6.list-manage.com/track/click?u=daba761a9e5c30632f1b7cc0b&id=444f786a1f&e=764ce30ae2)  |

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| [Visit our website for help and advice for adults](https://suffolkmind.us6.list-manage.com/track/click?u=daba761a9e5c30632f1b7cc0b&id=027b10f7f7&e=764ce30ae2)  |

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1. Suffolk MIND are offering helpful resources on their website to help people during these difficult times, as a weblink address… [**https://www.suffolkmind.org.uk/additional-help/covid-19-advice-helpful-resources/**](https://www.suffolkmind.org.uk/additional-help/covid-19-advice-helpful-resources/)
2. Samaritans:  Tel: 116 123
3. Suffolk Constabulary is issuing advice to combat unscrupulous individuals who look to exploit the vulnerable during the coronavirus outbreak… The message is simple, if you have any doubts about the honesty of the person or offer of help, we urge you not to engage further – put the phone down or shut the door and report suspicious behaviour." … If you feel in immediate danger call 999 or if you know someone is vulnerable and has been a victim of fraud, please contact Suffolk Constabulary on 101 or Action Fraud at… [**www.actionfraud.police.uk**](http://www.actionfraud.police.uk) or call 0300 123 2040.

Further advice can be found on the website:

[**https://www.suffolk.police.uk/sites/suffolk/files/coldcallers1.pdf**](https://www.suffolk.police.uk/sites/suffolk/files/coldcallers1.pdf)

[**https://www.suffolk.police.uk/sites/suffolk/files/fraudprevention1.pdf**](https://www.suffolk.police.uk/sites/suffolk/files/fraudprevention1.pdf) To report something, or to otherwise contact Police, use the link [**http://www.suffolk.police.uk/contact-us**](http://www.suffolk.police.uk/contact-us)  … To report something anonymously call Crimestoppers on 0800 555 111 or visit [**www.crimestoppers-uk.org**](http://www.crimestoppers-uk.org/)

Always call 999 in emergencies, for an immediate police response.

1. Dementia Together is continuing to offer as full a service as possible at this very difficult time. Helpline remains operational 7 days a week from 9am-6pm Monday to Friday and 10am-4pm Saturdays/Sundays and bank holidays tel.  08081 688 000.
2. An update by the Alzheimers Society for people with dementia and those caring for them… [**https://www.alzheimers.org.uk/coronavirus**](https://www.alzheimers.org.uk/coronavirus)
3. Suffolk Parent Carer Network’s information for families… [**https://spcn.org.uk/parent-carer-support/**](https://spcn.org.uk/parent-carer-support/)
4. Rural Coffee Caravan’s Isolation-Inspiration-Information page has useful links and information for people in isolation… [**https://ruralcoffeecaravan.org.uk/isolation-inspiration-information/**](https://ruralcoffeecaravan.org.uk/isolation-inspiration-information/)
5. The NHS mental health apps library… [**https://www.nhs.uk/apps-library/category/mental-health/**](https://www.nhs.uk/apps-library/category/mental-health/)
6. An offer from the Church of England for NHS workers in the diocese of East and West Suffolk… [**https://www.cofesuffolk.org/bishops/nhs-support**](https://www.cofesuffolk.org/bishops/nhs-support)
7. Suffolk Community Foundation have launched a Suffolk Coronavirus Community Fund, with key partners… [**https://www.suffolkcf.org.uk/suffolk-coronavirus-community-fund/**](https://www.suffolkcf.org.uk/suffolk-coronavirus-community-fund/)
8. Suffolk Cruse Bereavement Care can provide support and information to anyone of any age in Suffolk who has been bereaved by death however and whenever they died. Please telephone our Contact Line on… 01473 230888 ore-mail…**support.suffolk@cruse.org.uk**

Simon King

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15th April 2020