

Mental Health Support Locally and Nationally

Although the type and level of support will be dictated by the individuals mental health condition(s), triggers, symptoms and other factors, here are some general support services available both nationally and locally to Leamington Spa.

Online Advice and Information for COVID 19 and Managing Wellbeing:

- NHS ONE YOU: Advice for staying at home from exercise to day-day tips <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/> and top tips for dealing with COVID 19 anxiety: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>
- Mind, managing wellbeing during this time: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Helplines:

| Service/Activity | Information |
|--|--|
| Samaritans | Free 24/7 helpline for anyone who is struggling to cope, who needs someone to listen without judgement or pressure. Listening and providing people with ways to cope during times of need. Call 116 123. |
| Anxiety UK | Charity providing support if been diagnosed with an anxiety condition Phone 03444 775 774 (M-F 9:30-5:30) www.anxietyuk.org.uk |
| CALM (Campaign Against Living Miserably) for men aged 15-35) | 0800 585858 Daily, 5pm to midnight www.thecalmzone.net |
| Mind: National Charity promoting and supporting the views and needs of people with mental health problems | www.mind.org.uk Extensive support online. |
| PAPYRUS | Young suicide prevention society. HOPELINEUK 0800 0684141. Monday to Friday 10am-10pm, and 2pm-10pm on weekends. |
| Silverline (Older people helpline) | Free confidential helpline providing information, friendship and advice to older people, open 24 hours a day every day of the year. Call anytime: 0800 4708090 |
| Mental Health Matters: Coventry and Warwickshire Helpline | Call on 0800 616 171 – a free 24/7 confidential helpline providing emotional support to residents of Coventry and Warwickshire. - Feel low, anxious or stressed |

| | |
|--|---|
| <p>Also have Safe Havens for people to drop in during out of hours mental health support. (Currently not running due to COVID 19) Clemens Street 4&6.</p> | <ul style="list-style-type: none"> - Extreme emotional distress and don't know where to turn - Caring for another and finding it difficult to cope - Advice about further support - Socially isolated and need a chat. |
| <p>The Crisis Resolution and Home Treatment Team</p> | <p>Offers intensive support to people in their own homes, and tries to avoid a need for a hospital admission. They operate 24 hours a day, 365 days per year.</p> <p>In the Leamington area the Crisis Resolution and Home Treatment Team are based at Yew Tree House, 87 Radford Road, Leamington Spa.</p> <p>Phone: 0300 200 0011 and select option 1.</p> |
| <p>Admiral Nurse Dementia Helpline</p> | <p>Free dementia helpline 0800 888 6678</p> <p>For anyone with a question or concern about dementia and Alzheimers diseases. Monday-Friday: 9am-9pm Saturday to Sunday: 9am-5pm</p> <p>Nurses will listen to you and give advice, support and information. Take your time, many people call for more then 45 minutes. Can received a tailored info pack after the call sent by post.</p> |
| <p>Money & Benefits</p> | |
| <p>The Money Advice Service</p> | <p>For information about money and benefits Call 0800 1387777 Helpline open: Monday to Friday 8am-6pm</p> |
| <p>Citizens Advice – *Suspended Face to Face visits for now*</p> | <p>For advice about money, benefits and housing</p> <p>To remain available and effective, we have increased our capacity in four areas to support our community in the safest way possible:</p> <ul style="list-style-type: none"> • Instant Self Help: As always many issues can be solved through our comprehensive and informative online resource on our brand partner website www.citizensadvice.org.uk • Phone: You can reach us by phone between Monday to Friday 10:00 – 15:00 on 0300 330 1183 • Email: Our email form can be found here www.casouthwarwickshire.org.uk/contact/email-us • Webchat: www.casouthwarwickshire.org.uk/contact/chat-with-us |

Talking Therapy:

NHS IAPT Counselling: IAPT services are for people with mild, moderate and moderate to severe symptoms of anxiety or depression living in Coventry, Solihull and Warwickshire.

<https://www.covwarkpt.nhs.uk/iapt> : Telephone number: 024 7667 1090

Referral criteria: Registered with a GP in Coventry, Warwickshire, Rugby & Solihull; Self-Referral or Professional

New Hope Counselling: Counselling in Leamington and Warwick for a variety of causes. Donation based. £5 for initial assessment, donations based thereafter.

<https://newhopecounselling.org.uk/> : Address: 70 Saltisford, Warwick CV34 4TT. Telephone: 07799 015650

CRUSE Bereavement Counselling: <https://www.cruse.org.uk/get-help/local-services/west-midlands/coventry-and-warwickshire/what-we-offer>

Age UK Counselling Coventry and Warwickshire, free up to 6 sessions.