

## **Getting further help for Family during COVID 19**

It is still important to remember the GP for access to support services in healthcare and to contact local mental health teams, other resources include:

### **General Counselling Services:**

- **Cruse** offers support around bereavement with a free helpline-0808 808 1677; <https://www.cruse.org.uk/>
- **Relate** offers Relationship, Psychosexual, Family and Young Person Counselling services and can signpost to mediation. They also have a number of online resources around the topic and are accessible by phone /chat <https://www.relate.org.uk/>
- **Place2be** offers child focussed support and includes helpful online content on caring for children's wellbeing <https://www.place2be.org.uk/>
  
- **For private counselling** seek individuals with accreditation- for example BACP and UKCP

### **Specific Support for Children:**

- **NSPCC**- Considering safety in families, Helpline- 0808 800 5000; <https://www.nspcc.org.uk/>
- **Family Line**- Helpline around parenting and family issues-0808 802 6666; <https://www.family-action.org.uk/>
- **Gingerbread**- Helpline support for single parent families- 0808 802 0925; <https://www.gingerbread.org.uk/>
- **The Mix**- Helpline for emotional support to young people under 25 – 0808 808 4994; <https://www.themix.org.uk/>
- **YoungMind**- Accessible information considering mental health for young people- <https://youngminds.org.uk>

### **Specific Support for Older Adults in Family:**

- **Age UK**- Information on advice for older people, including links to befriending services and a practical advice line-0800169 65 65; <https://www.ageuk.org.uk/>
- **Silver Line**- Listening ear helpline for older people-0800 470 80 90- <https://www.thesilverline.org.uk/>