

Getting further help for Personal Relationships during COVID 19

Note 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:

Safety First- For concerns around Domestic Violence :

- **NHS** help for Domestic Violence- <https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>
- **Refuge**- 24 hr helpline for Domestic violence- 0808 2000 247; <https://www.refuge.org.uk/>
- **Men's Advice Line**- Helpline for men who suffer from Domestic Violence 0808 801 0327; plus website includes support options online; <https://mensadvice.org.uk/>
- **Broken Rainbow**- Helpline for LGBTQ people suffering from Domestic Violence- 0800 999 5428; <https://www.brokenrainbow.org.uk/>
- **Standing Together**- A charity for organisations including healthcare professionals supporting those with Domestic Violence <http://www.standingtogether.org.uk/>

Relationship Counselling services:

- **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/>
- **For private counselling** seek individuals with accreditation- for example BACP, UKCP for general counselling and psychotherapy or COSRT for psychosexual work -all have registers.

Other Posts/Resources on Maudsley Learning

- Thoughts on maintaining Sex and Relationships during COVID 19- <https://maudsleylearning.com/insights/videos/sex-and-relationships-during-covid-19/>
- Thoughts on maintaining your Wellbeing while working from Home- <https://maudsleylearning.com/maintaining-your-wellbeing-whilst-working-from-home/>
- Pregnancy and Partnership Wellbeing during a Pandemic Post- <https://maudsleylearning.com/pregnancy-during-covid-19/>