# Mental Health Crisis support during Covid 19

During this difficult time, here are some websites & helplines to access Crisis/emergency support from, or signpost someone to:

Samaritans

**SAMARITANS**

www.samaritans.org

Call 116 123 to talk to someone

**Leicester, Leicestershire & Rutland NHS emergency mental health support:**

**0116 2953060**

Crisis House Leicester
Leicester, Leicestershire and Rutland Crisis House offers support during a mental health crisis

http://wellbeing.turning-point.co.uk/leicestershirementalhealth/our-services/

**If you, or the person you're supporting, would not be safe alone, call 999**

**TOGETHER LEICESTER**

Diocese of Leicester

# Caring for your own mental health, or supporting others to do the same:

Mind & Soul Foundation

https://www.mindandsoulfoundation.org/

Time to Change
https://www.time-to-change.org.uk/

Mind
www.mind.org.uk/

NHS - Every Mind Matters

https://www.nhs.uk/oneyou/every-mind-matters/

Mental Health Foundation

https://www.mentalhealth.org.uk/

https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week

# Children & Young People

Young Minds

https://youngminds.org.uk/

# Bereavement Support

Cruse Bereavement Helpline: 0808 808 1677

At a Loss
www.ataloss.org/