

## East Hampshire and National wellbeing support available during Covid-19 lockdown

### Local services:



### Our Adult Wellbeing Service

Our 6-month recovery service includes:

- Telephone assessments and person-centred recovery planning
- Weekly virtual peer support
- Bespoke workshops and courses every week on Zoom
- 3 monthly recovery plan reviews
- 6 weekly check in calls
- Limited telephone 1-1s - tips and tools to help you access our workshops
- Onward signposting, support and resources

Self-referrals can be made via our website: [easthantsmind.org](http://easthantsmind.org)  
Please let us know if you do not have internet access or a private space at home to speak on the phone

For general queries please contact 02392 498916  
[wellbeing@easthantsmind.org](mailto:wellbeing@easthantsmind.org)

For urgent support, please contact:

- Your GP Surgery
- Our Adult Safe Haven 6-10pm everyday - 0300 303 1560
- Samaritans 24/7 support - 116123
- 999 - for urgent or life-threatening medical attention

[www.easthantsmind.org](http://www.easthantsmind.org)  
Registered charity no. 1116301



in partnership with



A safe and confidential space for any adult who feels they are experiencing a mental health crisis

The Hub,  
Park Parade,  
Leigh Park,  
Havant  
PO9 5AA

F2F and Phone support: 0300 303 1560  
Open 365 days 6pm-10pm  
No appointment or referral needed, just drop in

**Crisis support line – open 365 days of the year 6pm-10pm 03003031560**

**General queries line – 02392498916**  
**[wellbeing@easthantsmind.org](mailto:wellbeing@easthantsmind.org)**



**www.italk.org.uk**  
**023 8038 3920**  
**[info@italk.org.uk](mailto:info@italk.org.uk)**

## Wellbeing

*Learn simple and effective ways to look after your everyday wellbeing and stay well.*

*Whilst our community wellbeing classes are on hold, we hope you'll find our bitesize [wellbeing videos](#) helpful.*

## Support


*If you've been feeling down or overwhelmed lately, our guided self-help options empower you to get back on track.*

*Try [SilverCloud](#), our online CBT programme, available 24/7 from any device.*

## Treatment

*We offer evidence-based treatments for depression, anxiety, OCD, PTSD and phobias, but you don't need a diagnosis to self-refer.*

*Find out more about our [talking therapies](#).*



# Coronavirus (COVID-19) – helping Hampshire residents most in need

If Coronavirus has had an impact on you or any aspect of your life, including anyone who is self-isolating, please call the helpline for advice and support.

The Hampshire Coronavirus Support and Helpline can be contacted on **0333 370 4000**. (Calls charged at local rate.) Or you can request a call-back from the helpline by completing the call-back request form.

The helpline is open 9am to 5pm every weekdays and 9am to 4:30pm on Fridays.

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Clanfield, [clanfieldcoronacommunity@gmail.com](mailto:clanfieldcoronacommunity@gmail.com) T. 07392 021915

East Meon, East Meon Care Group T. 07050 177505

Harting, Harting Parish Council Emergency Group [clerk@harting-pc.gov.uk](mailto:clerk@harting-pc.gov.uk), T. 01730 825201

Liss, Age Concern, [woolmerlodge@yahoo.co.uk](mailto:woolmerlodge@yahoo.co.uk) T. 01730 892297

Milland, Milland Volunteers, @MillandVols, T. 07847 747857, E. [MillandVolunteers@gmail.com](mailto:MillandVolunteers@gmail.com)

Sheet, [clerk.sheet@parish.hants.gov.uk](mailto:clerk.sheet@parish.hants.gov.uk) T. 01730 264336, 07900 028619

Steep, [steepvolunteers@gmail.com](mailto:steepvolunteers@gmail.com) T. 01730 268615 or [revjohn@gmail.com](mailto:revjohn@gmail.com) (volunteer network)

Stroud, E. [clerk@stroud-pc.gov.uk](mailto:clerk@stroud-pc.gov.uk). Please also see the Community Information Box (Old Phone box) located in Ramsdean Road, Stroud.

## National services:



The Silver Line operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year.

We also offer telephone friendship where we match volunteers with older people based on their interests, facilitated group calls, and help to connect people with local services in their area.

**The Silver Line Helpline – 0800 4 70 80 90**

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**Contact a Samaritan - If you need someone to talk to, we listen. We won't judge or tell you what to do.**

**<https://www.samaritans.org/>**

## ■ Call us any time, day or night

Whatever you're going through, you can call us any time, from any phone for FREE.

**Call 116 123**



Age UK's advice line is a free, confidential national phone service for older people, their families, friends, carers and professionals. Our team will give you information that is reliable and up to date and help you to access the advice you need.

**Age UK Advice Line: 0800 678 1602**

Lines are open 8am-7pm, 365 days a year.



Call the CALM helpline  
Frontline services

Anyone can hit crisis point. We run a free and confidential helpline and webchat – 7 hours a day, 7 days a week for anyone who needs to talk about life's problems.

**0800 58 58 58**

Open 5pm – midnight  
365 days a year.

Our helpline is for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.

For more info about our helpline service, visit our helpline information page.  
[www.thecalmzone.net](http://www.thecalmzone.net)

If you need immediate help, please call emergency services on 999 or The Samaritans on 116 123

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[www.sane.org.uk](http://www.sane.org.uk)

You can leave a message on **07984 967 708** giving your first name and a contact number, and one of our professionals or senior volunteers will call you back as soon as practicable. You can also email us at [support@sane.org.uk](mailto:support@sane.org.uk), and we will respond as soon as possible. Our normal Support Forum and Textcare services are still open.

SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. We are open every day of the year from 4.30pm to 10.30pm on 0300 304 7000.

Our helpline is here to support you when you feel you have reached a moment of crisis. We know that moment of crisis is different for everybody – some people can reach that point daily, and for some people it is a rare occurrence.

Our helpline volunteers are empathic and non-judgemental, providing a space and time for you to talk about your mental health, or the mental health of someone close to you.

The helpline is a confidential service for those aged 16 or over

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<https://111.nhs.uk/>

Urgent, non-emergency medical advice

If you need help urgently but are not at risk of death or serious illness, use the NHS 111 non-emergency advice online.

NHS 111 advice online  
Only call 111 if you cannot get help online.

People with hearing problems can use the NHS 111 British Sign Language (BSL) service.

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### **Online support**

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

<https://www.mind.org.uk/information-support/coronavirus/>

<https://www.getselfhelp.co.uk/>

<https://www.mind.org.uk/information-support/side-by-side-our-online-community/>

<https://www.italk.org.uk/our-services/silvercloud/>

<https://www.thecalmzone.net/help/webchat/>