



# Looking after your mental health during lockdown

**Shropshire Council's Community Reassurance Team is here to help all residents across the county during the pandemic**

Looking after your mental health is important, and there are lots of local services available to support you and your loved ones:

**www.togetherall.com** - an online community for Shropshire residents who are stressed, anxious or low

**Shropshire MIND** – Call 01743 368647 or email: [manager.shropshiremind@gmail.com](mailto:manager.shropshiremind@gmail.com)

**Samaritans** – call 116 123 for a confidential safe place to talk about whatever is getting to you

**Young Minds Parents Hotline** – 0808 8025544 (9.30am – 4.00pm) free, confidential online support any adult worried about the mental health of a child or young person

**Free bereavement counselling** – 0345 678 9028

**Kooth** – free safe and anonymous online support for young people: [www.kooth.com](http://www.kooth.com)

**Childline** – call 0800 1111

For further support visit [www.shropshire.gov.uk/coronavirus](http://www.shropshire.gov.uk/coronavirus) or call the Coronavirus (COVID-19) Shropshire Council Helpline on **0345 678 9028**

