

# Covid-19 Help and Guidance Information

## Mental Health and Emotional Support

As this is such a wide area, use the NHS Website as your first point of information to help guide you to appropriate providers [www.nhs.uk/using-the-nhs/nhs-services/mental-health-services](http://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services)

Our Employee Assistance Programme can also provide confidential emotional help and health advice and confidential counselling – Tel: 0800 107 6147 (confidential emotional and financial support) 24/7- 365 days it can also offer financial advice- Password – Johnsons Workwear or Johnsons Apparelmaster

### For further assistance, contact a helpline for emotional support:

- Employee Assistance Program (EAP) - Tel: **0800-107-6147** - [www.colleaguesupport.co.uk](http://www.colleaguesupport.co.uk)
- Anxiety UK - Tel: **03444 775 774** - [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)
- Mind - Tel: **0300 123 3393** - [www.mind.org.uk](http://www.mind.org.uk)
- Rethink Mental Illness - Tel: **0300 5000 927** - [www.rethink.org](http://www.rethink.org)
- Samaritans – Tel: **116 123** - [www.samaritans.org](http://www.samaritans.org)
- Able Futures AtW (Access to Work ) Mental Health Support Services - **Free Phone- 0800-321-3137** - [able-futures.co.uk](http://able-futures.co.uk)

### Think about

The acronym SEEDS can be helpful to remind us of the main factors we need to focus on in times of stress

- S** Social contact (even if isolation is needed, try to keep in touch with family and friends through telephone contact)
- E** Education (keep learning and maybe reading to keep your mind stimulated)
- E** Exercise and activity (this can be done within your home if needed)
- D** Healthy diet
- S** Sleep (an important factor when managing our mental health)

### Avoid using Social Media to get reliable information use Government websites

[www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response](http://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response) or

Tel: NHS **111** - [111.nhs.uk/service/COVID-19](http://111.nhs.uk/service/COVID-19)

or Citizen's Advice - [www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you](http://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you) - Tel: **03444 111 444**

The Government have announced that there may be support during the current outbreak for those with mortgages or renters, check with Citizen's Advice to see what support you are entitled to:-

### You may be able to get Financial Advice or help from the following

Citizen's Advice - [www.citizensadvice.org.uk/benefits](http://www.citizensadvice.org.uk/benefits) - Tel: **03444 111 444**

Or the Government website - [www.gov.uk/browse/benefits](http://www.gov.uk/browse/benefits)

Fashion and Textiles Children's Trust [www.ftct.org.uk](http://www.ftct.org.uk) - Tel: **0300 123 9002** - can apply for grants if eligible