



Hillingdon



How are you coping? Coronavirus Support & Advice for



ADULTS

PARENTS & CARERS

YOUNG PEOPLE

A collaboration of information and advice brought
to you by Hillingdon Health and Care Partners

With so many changes that have happened recently due to the coronavirus pandemic it is sometimes hard to know where to get help.

This leaflet will give you useful information/advice that is available to you now.

Please Reach Out, we are still here to help you.

Taking care of your mental well-being is key.

Support for Adults, Parents/Guardians and Carers

Services available remotely

NHS Hillingdon Talking Therapies Service: Provides online, telephone and video support for those who feel low, stressed, isolated, have suffered loss or are worried about the impact of the virus on their or their loved ones' wellbeing, health, finances or relationships.

Visit our NHS website to refer yourself at talkingtherapies.cnwl.nhs.uk/hillingdon/refer-yourself-hillingdon or email hillingdontalkingtherapies.cnwl@nhs.net

or call 01895 206 800

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Hillingdon Mind

- Information and advice bit.ly/HillingdonMindCoronavirusAndYourWellbeing

Telephone: 01895 271559 Email: mind@hillingdonmind.org.uk

- Counselling Services Telephone: 01895 271559, select option 2

or email: H4allcounselling@hillingdonmind.org.uk

- Mental Health Recovery Support Service

Telephone: 01895 271559, option 1 or email: mind@hillingdonmind.org.uk

Carers Support Service – Hillingdon Carers Telephone: 01895 271559, option 2

or email: H4allcounselling@hillingdonmind.org.uk

Brunel University Student Well-being Service

bit.ly/CoronavirusInformationBrunelCommunity

Online therapies and counselling

Hillingdon Young People Thrive (CommUNITYBarnet)

Online webinars for Brunel University Students

email info@brunelstudentwellbeing.org.uk or 020 8364 8400 and from June 2020

for Young People 16 – 25 years offering online webinars during the coronavirus

pandemic – updates will be available nearer the launch on Hillingdon

CCG's website



Support for Children and Young People

Services available remotely

Hillingdon Educational Psychology Service is providing support for parents, guardians and/or carers of children. Consultations are carried out with a trained psychologist. To access this free service email educationalpsychologyservice@hillingdon.gov.uk

The Specialist Hillingdon CAMHS Team at Minet Clinic

camhs.cnwl.nhs.uk

YoungMinds www.youngminds.org.uk

YoungMinds Crisis Textline YM Crisis Textline 85258

Online therapies and counselling

Link Counselling Service 01895 277222

Open Mon-Fri 10.30am to 7.30pm

Healios – Think Ninja www.healios.org.uk/services/thinkninja1

Kooth www.kooth.com From the 11th of May, this

service will be extended to young people between the ages of 19 and 25

Additional guidance from

Children's Commissioner www.childrenscommissioner.gov.uk

Anna Freud National Centre for Children and Families

www.annafreud.org Switchboard: (0)20 7794 2313

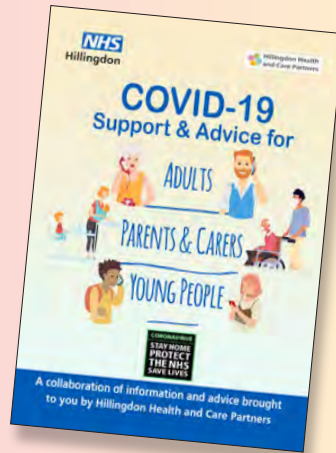
World Health Organisation bit.ly/HelpingChildrenCopingStressCovid19



**If your mental health deteriorates
or if you experience any thoughts of suicide or self-harm,
please contact the CNWL Single Point of Access Crisis Team
on 0800 0234 650 or the Samaritans for free on 116 123**



For more support and advice visit the Hillingdon
CCG website to access our booklet:
www.hillingdonccg.nhs.uk



Thank You!

CNWL – Central and North West London NHS Foundation Trust
Hillingdon Mind
NHS Hillingdon Talking Therapies Service
Hillingdon CCG
Hillingdon Health and Care Partners
H4All
Hillingdon Healthwatch

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