## **INFORMATION AND SUPPORT LEAFLET RELATING TO PRESSURES / MENTAL HEALTH CHALLENGES RELATED TO ASPECTS OF THE COVID-19 PANDEMIC**

**Emergency Helplines**:

**NHS 24 - 111** (Monday - Sunday 6pm to 2am)

**Breathing Space - 0800 83 85 87** (Weekdays: Monday - Thursday 6pm to 2am  
Weekend: Friday 6pm - Monday 6am)

**Samaritans - 116 123** (24 hours a day, 365 days a year)

**Local Support**

[Clear your Head - NHS Scotland information and support](https://clearyourhead.scot/)

[Breathing Space Coronavirus support](https://breathingspace.scot/news/2020/coronavirus-what-it-means-for-you/)

[Samaritans Coronavirus advice](https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/)

[SAMH Coronavirus information hub](https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub)

[Support in mind Scotland support and advice](https://www.supportinmindscotland.org.uk/Listing/Category/coronavirus-support-guidance)

[Penumbra Coronavirus Hub](http://www.penumbra.org.uk/coronavirus/)

**On line information and support (General)**:

<https://www.hps.scot.nhs.uk/> (Health Protection Scotland)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> (World Health Organisation - advice for the public)

<https://workingfamilies.org.uk/articles/coronavirus/> (Working families – general information for families)

<https://www.acas.org.uk/coronavirus> (ACAS advice for employers and employees)

<https://youtu.be/-mjIsIdtaBw> (ACAS video clip on mental health during Covid-19 pandemic)

<https://www.hse.gov.uk/news/coronavirus.htm> (Health and Safety Executive latest information and advice)

<https://www.nhs.uk/oneyou/every-mind-matters/> (Every mind matter – NHS (England) mental health information and support.

<https://young.scot/campaigns/national/coronavirus> (Young Scot - Coronavirus information aimed at young people)

<https://www.parentclub.scot/topics/coronavirus> (Information and support for parents)

<https://sdafmh.org.uk/covid-19/> (Scotland’s domestic abuse and forced marriage helpline)

**Support for Managers**:

<https://www.acas.org.uk/coronavirus-mental-health> (ACAS guide on mental health aspects of the Covid-19 pandemic)

<https://youtu.be/2E40xgIr6Is> (ACAS video on supporting employees mental health during Covid-19 pandemic)

[Health and Safety Executive Guidance](https://campaigns.hse.gov.uk/spotlight/coronavirus-managing-work-related-stress/)

[CIPD / HR advice](https://www.peoplemanagement.co.uk/experts/advice/coronavirus-support-employers-hub#_ga=2.215072791.1667370406.1591180903-1578693025.1590492548)