

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](#)

[Breathing Space Coronavirus support](#)

[Samaritans Coronavirus advice](#)

[SAMH Coronavirus information hub](#)

[Support in mind Scotland support and advice](#)

[Penumbra Coronavirus Hub](#)

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/-mjlslIdtaBw> (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/2E40xgIrr6ls> (ACAS video on supporting employees mental health during Covid-19 pandemic)

[Health and Safety Executive Guidance](#)

[CIPD / HR advice](#)