

Supporting Helplines & Websites for Adults & Children during COVID-19

Group	Support Type	Telephone	websites
Mindfulness & relaxation exercises	Relaxation to help manage anxiety		https://www.Youtube.com/user/cosmicKidsYoga
Mental Health Crisis Team	Urgent Support	0114 2263636	
National Domestic Violence Helpline	Support for those in need	0808 2000247 999 emergency 111 Urgent	https://www.refuge.org.uk
MIND	Mental Health site for adults & children		https://www.mind.org.uk/
One You Every Mind Matters	Advice & Practical Tips for looking after health & wellbeing		www.nhs.uk/oneyou/every-mind-matters/
Young Minds Parents Helpline	help recognise feelings that they are not alone	0808 802 5544 (Monday to Friday) 9.30am – 4pm	
CHILDLINE	activities one to one access to a counsellor if needed.	0800 1111	https://www.childline.org.uk
NSPCC	parent and child friendly advice and support		https://www.nspcc.org.uk/
Free Online Counselling			https://www.kooth.com/
TRIPLE P (Sheffield)			https://www.triplep-parenting.uk.net/uk-en/find-help/triple-p-parenting-in-sheffield/
TRIPLE P	downloadable resources for tips on parenting children during the lockdown.		https://www.triplep-parenting.uk.net/uk-en/find-help/triple-p-online/
National Mental Health Service	for Young people/adults.		. https://youngminds.org.uk
Sheffield Directory	for advice and support within Sheffield		http://www.sheffielddirectory.org.uk/kb5/sheffield/directory/home.page -