**Mental Health and Wellbeing Resources**

**Able futures**

The access to Work Mental Health Support Service is funded by the Department for Work and Pensions, there is no charge for this service. They can help you manage your mental health at work.

Freephone: 0800 321 3137 (8am – 10.30pm Monday-Friday)

Website: <https://able-futures.co.uk/>

Email: hello@able-futures.co.uk

**Hospice UK** has a confidential adult social care bereavement and trauma support line.

It’s free to call: 0300 303 4434 (8am to 8pm, Monday to Sunday)

Speak to a specialist counsellor who can support you if you’ve experienced a bereavement, have witnessed traumatic deaths as part of your work or need to discuss any other anxiety or emotional issues you are experiencing as a result of coronavirus.

**Talkworks - North Devon**

Based in Barnstaple serving the North Devon areas of Bideford, Ilfracombe, Braunton, Holsworthy, Combe Martin and Clovelly. TALKWORKS is a free, confidential, NHS talking therapy service.

Call us on **0300 555 3344** or go to our website and fill out the self-referral form. <https://www.talkworks.dpt.nhs.uk/locations/mental-health-support-north-devon>

<https://mindedhub.org.uk/>  has been put together to provide care and health workers with specific advice for managing your mental health during COVID-19. There is advice on managing stress and how to help each other, as well as dealing with trauma and bereavement.

You can send a message with FRONTLINE to 85258 to start a conversation with [**Shout**](https://www.giveusashout.org/)’s messaging support service.

If you want to speak with someone directly, you can call Samaritans on 0300 131 7000 between 7am and 11pm every day. There are a number of other [**helplines**](https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/) that can offer expert advice.

The <https://www.nhs.uk/every-mind-matters/mental-health-issues/anxiety/> provides good advice on managing worries that you may be having.

<https://www.nhs.uk/every-mind-matters/> for other mental health resources.

**Bereavement support**

There are a number of different charities and organisations offering bereavement and suicide support, a selection of these are as below. There are also local organisations that can be accessed through the NHS website and guidance on practical elements of bereavement such as applying for probate, registering a death, informing DVLA, benefits, support and tax can be found on the Government website.

**Child Bereavement UK** **Cruse Bereavement Care** **Grassroots Stay Alive app**

Call 0800 028 8840 Call 0808 808 1677 Access online

Access online Access online

**National Bereavement Alliance Samaritans Widowed and young**

Access online Call 116123 Access online

 Access through their app

 Access online

**The Compassionate Friends** **Muslim Bereavement** **Jewish Bereavement**

Call 0345 123 2304 Support Service Counselling Service

 Access online Access online

**Talking About Dying**

(Christian Bereavement Support)

Access online