

We know that the impact of the COVID-19 pandemic and the lockdown continues to be felt globally. Many people are facing extremely difficult circumstances as a result of this, which has resulted in a worrying and anxious time for many people. Below you can find a list of organisations should you or your family need further support in these unprecedented times.

CORONAVIRUS (COVID-19)

[NHS latest information and advice](#)

[GOV. UK](#) guidance and support

[Wellbeing during the Coronavirus](#)

[Young Minds \(Talking to your children about](#)

[Coronavirus\)](#)

Mental health support services

[Anxiety UK](#): Tel 03444 775 774

[Mind](#): Tel 0300 123 3393

[Samaritans](#): Tel: 116 123

Cancer support services

[Macmillan](#): Tel 0808 808 00 00

[Cancer Help UK](#): Tel 0808 800 4040

Bereavement support

[NHS bereavement helpline](#): Tel [0800 2600 400](#)

[National Bereavement Partnership](#): Tel [0800 448 0800](#)

Domestic abuse support services

Are you experiencing domestic violence?

You are not alone.

- Do you change your behaviour because you're frightened of your partner's reaction?
- Is your partner jealous and possessive?
- Do you feel like you're walking on egg shells?
- Do you feel controlled, or isolated?

Contact the National Domestic Abuse Helpline.

24 hours a day, free and in confidence **0808 2000 247**

Or [Refuge](#): Tel 0808 2000 247

Debt and Financial support services

[Step Change](#): Tel 0800 138 1111

[National Debtline](#): Tel 0808 808 4000

[The Salvation Army](#): Tel 0121 206 2770

Housing support services

[Shelter](#): Tel 0808 800 4444

[Crisis](#): Tel 0121 348 795

Food Bank support services

The Salma Food Bank Project - Bearded Broz Tel: 07767 164246

[Aston & Nechells Foodbank | Helping Local People in Crisis](#)

Birmingham Settlement Team
0121 250 0765

If you are at risk of domestic violence, you are also able to seek help discreetly in pharmacies. If you ask for 'Ani' you will be given the chance to go to a private space to talk. The scheme is available in Boots stores and most independent pharmacies.

