# Your Top 'Go-to' Advice on Health and Wellbeing during the COVID-19 Outbreak

**It is important to look after yourself during this outbreak and the following websites can help:**

**This is a hard time for everyone and it's normal to feel down sometimes.**
There are many things you can do to support your wellbeing. Please visit **www.nhs.uk/oneyou/every-mind-matters/**

A new local NHS mental health support service offers emotional help, guidance and reassurance to people who may be finding the current situation overwhelming. The Solihull helplines are:

0-19 yr olds - Mon-Fri (8am-8pm): 0121 301 2750 - Weekends/evenings (8pm-8am): 0121 301 5500
11-25 yr olds- Counselling and support 24/7: **www.kooth.com**
Over 18s - 7 days a week (9am-11pm): 0121 262 3555
Key workers - 7 days a week (9am-11pm): 0121 663 1217

## Staying Active at Home

We're all now spending a lot more time at home and that means it's getting harder to keep active.

Find ideas at **www.solihullactive.co.uk**

## Stopping smoking

Smokers are more susceptible to viruses and smoking can worsen or prolong respiratory conditions. You can self-refer to Gateway using the Freephone no. 0800 599 9880 to start your quit journey by phone or Skype. Or visit: **www.gatewayfs.org/our-work/health-and-wellbeing-services/solihull-lifestyle-service/**

## Solihull Integrated Addiction Services (SIAS)

If you are in need of support or advice around alcohol or substance misuse, please contact SIAS in confidence on 0121 301 4141 or visit **www.sias-solihull.org.uk**

## When things feel really tough....

Samaritans can listen at any time of the day or night. You can talk to them about anything that's troubling you. Call free on 116 123 or visit **www.samaritans.org**

## Domestic Abuse

This time can be challenging for adults and children living with domestic abuse and for many survivors, staying home may not be the safest option. If you or someone else is in immediate danger please call 999 and ask for the police. You can phone a 24 hour helpline on 0808 2000 247 or visit **www.solihull.gov.uk/domesticabuse**



## Staying at Home with Children

Staying at home can bring a range of challenges, bored and frustrated children and increasing demands on parents and carers.

For advice on managing this time at home, please visit **www.solgrid.org.uk/fivetothrive/parenting**

**For general advice on the outbreak please visit www.gov.uk or www.solihull.gov.uk**

Solihull Metropolitan Borough Council