



Hillingdon



# How are you coping? Coronavirus Support & Advice for



ADULTS

PARENTS & CARERS

YOUNG PEOPLE

A collaboration of information and advice brought  
to you by Hillingdon Health and Care Partners

With so many changes that have happened recently due to the coronavirus pandemic it is sometimes hard to know where to get help.

This leaflet will give you useful information/advice that is available to you now.

Please Reach Out, we are still here to help you.

Taking care of your mental well-being is key.

## Support for Adults, Parents/Guardians and Carers

### Services available remotely

**NHS Hillingdon Talking Therapies Service:** Provides online, telephone and video support for those who feel low, stressed, isolated, have suffered loss or are worried about the impact of the virus on their or their loved ones' wellbeing, health, finances or relationships.

Visit our NHS website to refer yourself at [talkingtherapies.cnwl.nhs.uk/hillingdon/refer-yourself-hillingdon](https://talkingtherapies.cnwl.nhs.uk/hillingdon/refer-yourself-hillingdon) or email [hillingdontalkingtherapies.cnwl@nhs.net](mailto:hillingdontalkingtherapies.cnwl@nhs.net)

or call 01895 206 800



### Hillingdon Mind

- Information and advice [bit.ly/HillingdonMindCoronavirusAndYourWellbeing](https://bit.ly/HillingdonMindCoronavirusAndYourWellbeing)  
Telephone: 01895 271559 Email: [mind@hillingdonmind.org.uk](mailto:mind@hillingdonmind.org.uk)
- Counselling Services Telephone: 01895 271559, select option 2  
or email: [H4allcounselling@hillingdonmind.org.uk](mailto:H4allcounselling@hillingdonmind.org.uk)
- Mental Health Recovery Support Service  
Telephone: 01895 271559, option 1 or email: [mind@hillingdonmind.org.uk](mailto:mind@hillingdonmind.org.uk)

**Carers Support Service** – Hillingdon Carers Telephone: 01895 271559, option 2  
or email: [H4allcounselling@hillingdonmind.org.uk](mailto:H4allcounselling@hillingdonmind.org.uk)

**Brunel University Student Well-being Service**  
[bit.ly/CoronavirusInformationBrunelCommunity](https://bit.ly/CoronavirusInformationBrunelCommunity)

### Online therapies and counselling

#### Hillingdon Young People Thrive (CommUNITYBarnet)

Online webinars for Brunel University Students  
email [info@brunelstudentwellbeing.org.uk](mailto:info@brunelstudentwellbeing.org.uk) or 020 8364 8400 and from June 2020 for Young People 16 – 25 years offering online webinars during the coronavirus pandemic – updates will be available nearer the launch on Hillingdon CCG's website

**If your mental health deteriorates  
or if you experience any thoughts of suicide or self-harm,  
please contact the CNWL Single Point of Access Crisis Team  
on 0800 0234 650 or the Samaritans for free on 116 123**

## Support for Children and Young People

### Services available remotely

**Hillingdon Educational Psychology Service** is providing support for parents, guardians and/or carers of children. Consultations are carried out with a trained psychologist. To access this free service email [educationalpsychologyservice@hillingdon.gov.uk](mailto:educationalpsychologyservice@hillingdon.gov.uk)

**The Specialist Hillingdon CAMHS Team at Minet Clinic**  
[camhs.cnwl.nhs.uk](https://camhs.cnwl.nhs.uk)

**YoungMinds** [www.youngminds.org.uk](https://www.youngminds.org.uk)  
YoungMinds Crisis Textline YM Crisis Textline 85258

### Online therapies and counselling

**Link Counselling Service** 01895 277222  
Open Mon-Fri 10.30am to 7.30pm

**Healios – Think Ninja** [www.healios.org.uk/services/thinkninja1](https://www.healios.org.uk/services/thinkninja1)

**Kooth** [www.kooth.com](https://www.kooth.com) From the 11th of May, this service will be extended to young people between the ages of 19 and 25

### Additional guidance from

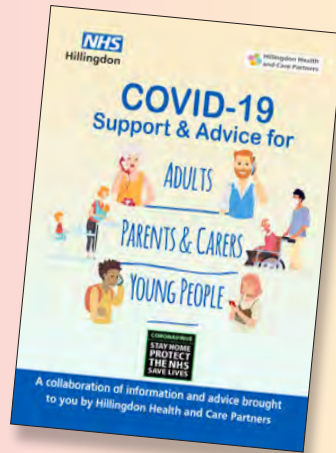
**Children's Commissioner** [www.childrenscommissioner.gov.uk](https://www.childrenscommissioner.gov.uk)

**Anna Freud National Centre for Children and Families**  
[www.annafreud.org](https://www.annafreud.org) Switchboard: (0)20 7794 2313

**World Health Organisation** [bit.ly/HelpingChildrenCopingStressCovid19](https://bit.ly/HelpingChildrenCopingStressCovid19)



For more support and advice visit the Hillingdon  
CCG website to access our booklet:  
[www.hillingdonccg.nhs.uk](http://www.hillingdonccg.nhs.uk)



Thank You!

CNWL – Central and North West London NHS Foundation Trust  
Hillingdon Mind  
NHS Hillingdon Talking Therapies Service  
Hillingdon CCG  
Hillingdon Health and Care Partners  
H4All  
Hillingdon Healthwatch

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