

**Primary Care Mental**

**Health Support Services**

COVID-19 Resources

Signposting self-help information

If you are experiencing a severe level of difficulty or if there are risks to self or others please contact the **Crisis Resolution Team** based in your area or phone **999**:

**Royal Glamorgan Crisis Resolution Team** - Tel: 01443 443443 ext: 74388

**Prince Charles Crisis Resolution Team** - Tel: 01685 726952

**Princess of Wales Crisis Resolution Team** - Tel: 01656 752666

There is also the **Samaritans** who provide a 24hr listening ear for anyone in distress.

**Samaritans** – Freephone Tel: 116123

Primary Care Services are providing telephone assessments and follow up's at this time and will liaise with you further where possible. However, at this time we are unware how long we can provide this service as staff may be redeployed to meet the needs of the service.

**Maritime Resource Centre:** Tel: 01443 443443 ext: 75400

**Trealaw Resource Centre:** Tel: 01443 443443 ext: 75460

**Keir Hardie Health Park:** Tel: 01685 351194

**Ysbyty Cwm Cynon:** Tel: 01443 715188

The following pages have information about resources you can access to help in managing your mental health during this time.

Online Resources

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| **Name of resource** | **What’s available** | **Link** |
| **Gov.Uk** | Up to date information, help and advice about Covid-19. | Web link:  <https://gov.wales/coronavirus> |
| **NHS.UK** | Provides advice for Coronavirus (Covid-19) | Web link:  <https://www.nhs.uk/conditions/coronavirus-covid-19/> |
| **Interlink RCT** | Interlink supports individuals, communities and organisations to work together to make a positive impact on the life of people who live and work in Rhondda Cynon Taf. Provide signposting information for support. | Web link:  <http://www.interlinkrct.org.uk/> |
| **Mental Health Foundation** | Provides information about managing your mental health during Coronavirus outbreak. | Web link:  <https://www.mentalhealth.org.uk/coronavirus> |
| **Psychology Tools** | Printable CBT workbooks. They also have information about ‘Living with worry and anxiety amidst global uncertainty.’ | Web link:  <https://www.psychologytools.com/>  Living with worry and anxiety amidst global uncertainty Booklet Link:  <https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/> |
| **Valleys Steps** | Stress control and mindfulness audio resources. | YouTube Channel:  <https://www.youtube.com/channel/UCtrkLJ0PTiECFEVk8giFA0A/videos>  Website:  <http://www.valleyssteps.org/resources/downloads/> |
| **NHS Mental wellbeing audio guides** | Audio resources to help with anxiety, low mood, trouble sleeping, low confidence and assertiveness, and unhelpful thinking. | Web link:  <https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/> |
| **Mind** | Provides a range of information and support for different topics including tips for everyday living. | Web link:  <https://www.mind.org.uk/information-support/> |
| **Mind – elefriends** | Elefriends is a supportive online community.  It provides safe place to share experiences and listen to others. Elefriends is moderated daily by the Ele handler team from 10am to midnight. | Web link:  <https://www.mind.org.uk/information-support/support-community-elefriends/> |
| **Mental Health Foundation – Looking after your mental health** | A range of content designed to give you more information about mental health and to help you to look after your mental health.  They have podcasts, videos, inspiring stories and information about getting help if you're struggling. | Web link:  <https://www.mentalhealth.org.uk/your-mental-health> |
| **Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust** | Variety of self-help booklets available to access online or through their app in various formats. Audio and BSL guides available too. | Web link: <https://web.ntw.nhs.uk/selfhelp/> |
| **Living Life to the Full** | Living Life to the Full is a life skills course that aims to provide access to high quality, practical and user-friendly training in life skills. Some materials are available for free whilst others cost money to access. | Web link:  <https://llttf.com/> |
| **Centre for Clinical Interventions** | General information about various mental health problems, as well as techniques that focus on a cognitive behavioural approach to managing difficulties such as anxiety or depression. | Web link:  <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself> |
| **Every Mind Matters – NHS** | Provides tips and signposting links to help manage anxiety during Covid-19. | Web Link:  <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/> |
| **Mind Wise** | Information about various mental health conditions and provide tailored information about looking after your mental health during the coronavirus outbreak. | Web link:  <https://www.mindwisenv.org/info-support/covid-19/coronavirus-tips/> |

**Further Support**

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| **Name of Contact** | **What they do** | **How to contact them** |
| **Citizens Advice RCT** | A local charity supporting communities, offering free advice money matters, debts and debt  relief orders, employment, housing, mental health and welfare benefits. | Tel: 01443 409284.  Website-  [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) |
| **Citizens Advice Merthyr Tydfil** | Local charity providing support to communities, offering free advice money matters, debts and debt  relief orders, employment, housing, mental health and welfare benefits. Webchat available. | Advice Line: 0300 3302 121  Our administration line: 01685 382188  Website- <https://www.citizensadvicemt.org.uk/> |
| **Hafal** | A mental health charity which provides support to those affected by serious mental illness to recover. | Tel:  01792 816 600 / 832 400  Website -  [www.hafal.org](http://www.hafal.org) |
| **Platfform** | A mental health charity providing and promoting information about health and social change. | Website –  <https://platfform.org/> |
| **New Horizons** | A local mental health charity which offers a range of support through creative and social groups across RCT. | Tel:  01685 881113 or 01443 681881  Website-  [www.newhorizons-mentalhealth.co.uk/](http://www.newhorizons-mentalhealth.co.uk/) |
| **C.A.L.L. – Community Advice and Listening** | Offering free confidential listening and support services.  Offers emotional support and information/literature on Mental Health and related matters to the people of Wales. | Freephone 0800132737  Or text HELP to 81066  Website – <http://www.callhelpline.org.uk/Default.asp> |
| **Women’s Aid RCT** | Providing adults and children affected by domestic abuse with support. | Helpline: 0808 80 10 800  Text: 07860 077 333  Private message on [info@wa-rct.org.uk](mailto:info@wa-rct.org.uk) |
| **DAN 24/7 – Wales Drug and Alcohol Helpline** | Dan 24/7 is a free and confidential drugs helpline. Calls from public telephone boxes are free of charge: calls from a mobile phone may incur a charge from your network.  Dan 24/7 telephone number will NOT appear on your home itemised bill. | Freephone: 0808 808 2234  Or text DAN to: 81066  Website-  <http://dan247.org.uk/> |
| **Cruse Bereavement Care** | The UK’s bereavement charity providing help and support. | Free National Helpline on 0808 808 1677 |
| **BEAT** | BEAT is for people who experience eating disorders themselves, for people who may be supporting someone through recovery and for people who may be worried about someone - a loved one, friend, relative, pupil, colleague etc. | Helpline: 0808 801 0677  Website-  [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) |
| **Dementia Free Helpline Wales, 24 hours a day 365 days a year** | Offers support, information and agency signposting for anyone diagnosed with dementia or caring for a family member or a friend living with dementia. | Freephone: 08088082235  Or Text HELP to 81066  Website: <https://www.nhsdirect.wales.nhs.uk/localservices/viewlocalservice.aspx?id=6999> |
| **The Calm Zone** | The Calm Zone run a free and confidential helpline and webchat available 7 hours a day, 7 days a week for anyone who needs to talk about life’s problems. Open from 5pm – midnight, 365 days a year. | Freephone: 0800 58 58 58  Webchat: <https://www.thecalmzone.net/help/webchat/> |
| **Anxiety UK** | Charity providing support if you have been diagnosed with an anxiety condition. | Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)  Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) |
| **Men's Health Forum** | 24/7 stress support for men by text, chat and email. | Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk) |
| **SANE** | Emotional support, information and guidance for people affected by mental illness, their families and carers. | SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)  Textcare: comfort and care via text message, sent when the person needs it most: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)  Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)  Website: [www.sane.org.uk/support](http://www.sane.org.uk/support) |





