

The impact of the Coronavirus has been far greater, and lasted for far longer than any of us could have imagined at the beginning of 2020. As the pandemic continues, people are being affected in many different ways; including job losses or reductions in working hours, isolation and loneliness, struggling to make ends meet or becoming anxious or depressed about the ongoing disruption to our lives and wellbeing.

**The information and contact details below may be helpful to you, or somebody you know, during these very strange and worrying times.**

	<p><a href="https://111.nhs.uk">NHS Helpline – 01905 681 915</a> (24 hrs a day 365 days a year).</p> <p>If you call, you'll speak to a professional in your local mental health service.</p>
	<p><a href="https://www.samaritans.org">Samaritans Call free any time – 116 123.</a></p> <p>The Samaritans can provide emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom</p>
	<p><a href="https://www.kooth.com">www.kooth.com</a></p> <p>Young people across Herefordshire can access safe, free and anonymous online advice to support their emotional wellbeing and mental health.</p>
	<p><a href="https://www.stepchange.org">StepChange Debt Charity – 0800 138 1111</a></p> <p>A full debt help service is available across the UK</p>
	<p><a href="https://www.citizensadvice.org.uk">Citizens Advice - 0344 826 9685</a></p> <p>Full debt and consumer advice service. 8 St Owen Street, HEREFORD -</p>
<p>WEST MERCIA  WOMEN'S AID</p>	<p><a href="https://www.womensaid.org.uk">Women's Aid - 0800 7831359</a></p> <p>A specialist service provider, working primarily with women and children affected by domestic violence</p>
	<p><a href="https://www.wisherefordshire.org">www.wisherefordshire.org</a></p> <p>Online wellbeing information and signposting service for Herefordshire, providing details on local services; including the Talk Community Hubs, groups, activities and events across the county.</p>