



Triangulate

working towards mentally healthy workplaces

Sources of wellbeing and mental health support

2020

email: info@triangulate.org.uk

web: www.triangulate.org.uk

Test Valley Community helpline	<p>tel: 0330 400 4116</p> <p>web: www.unityonline.org.uk</p> <p>email: UnityC-19@unityonline.org.uk</p>	<p>Help during current Covid-19 crisis</p> <ol style="list-style-type: none"> 1. Running Errands 2. Shopping 3. Prescription collection
Southern Health NHS Foundation Trust – our local health provider	<p>web: southernhealth.nhs.uk/</p> <p>tel: 111</p> <p>Web: www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/</p>	NHS 111 are available to help if you have an urgent medical problem. They have mental health nurses available 24/7.
italk	<p>tel: 023 8038 3920</p> <p>email: info@italk.org.uk</p> <p>web: www.italk.org.uk</p>	<p>Local talking therapy service, (Hampshire service for people aged 16+). You can self refer to this service or be referred by your GP.</p> <p>https://www.italk.org.uk/home/covid-19-coronavirus-updates/</p>
Wellbeing Centre - Romsey	<p>tel: 07827 317468</p> <p>Monday – Friday 09.30am – 5pm</p> <p>email: well-beingromsey@andovermind.org.uk</p> <p>web: andovermind.org.uk/well-being/</p>	<p>Dr Peter Centre, Mountbatten Avenue, Romsey, SO51 8EA (Monday and Thursday)</p> <p>Appletree Centre, Princes Road, Romsey, SO51 8DS (Wednesday)</p> <p>https://www.andovermind.org.uk/accessingour-services</p>
Man Gang	<p>email: mangangromsey@gmail.com</p> <p>facebook: Man Gang</p> <p>Cafe Fresh, 9 Market Place SO51 8NB</p>	<p>New group meeting in Cafe Fresh (Romsey) on a Wednesday evening 6.30pm – a chance for men to have conversations about their mental health issues</p> <p>Currently meeting via Zoom meetings – see facebook</p>
Tree of Life Cafe	<p>email: shftchaplains@nhs.net</p> <p>facebook: Tree of Life</p> <p>Caffe Nero, 23-25 Market Place SO51 8NB</p>	<p>Come and enjoy a cuppa in Caffe Nero on Mondays 3.00-5.00pm term-times</p> <p>Currently online through facebook Zoom meetings Mondays 3pm</p>
Samaritans	<p>helpline: 116 123</p> <p>email: jo@samaritans.org</p> <p>web: samaritans.org</p> <p>Freepost RSRB-KKBY-CYJK PO Box 90 90, Stirling FK8 2SA</p>	24-hour support for anyone in distress or despair.

Age Concern Romsey	<p>www.ageconcernromsey.org.uk tel: 01794 518817 email: office@ageconcernromsey.org.uk</p>	<p>Age Concern Hall closed during current closedown</p>
Youth in Romsey	<p>www.yir.org.uk email: youthinromsey.yir@gmail.com tel: 01794 500581 text: 07443508418</p>	<p>Youth in Romsey is a support centre for all young people aged between 6-25 years. A charity organisation that started in 2000. Aim is to help young people according to their needs, to explore issues affecting their lives, to solve problems and to help them make informed decisions.</p> <p>Centre closed – text for support</p>
Jane Scarth House, Romsey	<p>tel: 01794 830374 email: info@janescarthhouse.co.uk web: www.janescarthhouse.co.uk</p>	<p>Providing support for those whose lives are affected by cancer</p> <p>Phone for support and to make appointments to speak with counsellors</p> <p>Open Monday-Friday 10am – 4.30pm</p>
Butterflies Bereavement	<p>tel: 02381 550066 / 0788 9009393 web: https://www.butterfliesbereavement.co.uk/</p>	<p>No groups running – please ring for support</p>
Andover Mind	<p>tel: 01264 332297 (option3) email: enquiries@andovermind.org.uk</p>	<p>Carer support and dementia advice</p>
Hampshire and IOW CYP Crisis Line	<p>Freephone: 0300 303 1590</p>	<p>Monday, Tuesday, Wednesday and Thursday 3pm – 8.30pm</p> <p>Telephone support for Children and young People aged 11-17 years old</p> <p>Immediate access to one to one confidential, emotional support</p> <p>(NHS and Mind supported)</p>
Mind	<p>infoline: 0300 123 3393 (Mon to Fri 9am to 6pm) email: info@mind.org.uk</p>	<p>Details of local Minds and other local services, including peer support groups and volunteering opportunities in Mind shops, and Mind's Legal Advice Line. Language Line is available for talking in a language other than English.</p> <p>https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/</p>
Anxiety UK	<p>helpline: 03444 775 774 Mon -Fri 9.30am to 5.30pm text service: 07537 416 905 livechat: 9.30am to 5.30pm – access through website web: anxietyuk.org.uk</p>	<p>Support and information for people suffering from anxiety disorders. (You need to become a member to access helpline).</p> <p>During the coronavirus pandemic, we will be extending our helpline hours to provide additional support in the evenings until 10pm and over the weekend between 10am -8pm so</p>

		that we can offer support to as many people as possible who need our help. (03444 775774). https://www.anxietyuk.org.uk/coronanxiety-support-resources/
CALM – Campaign Against Living Miserably	helpline: 0800 585858 7 days a week 5pm to midnight (plus webchat) web: thecalmzone.net/help/get-help/	https://www.thecalmzone.net/2020/03/a-little-help-to-get-you-through-these-weird-times/
Every Mind Matters – NHS	web: https://www.nhs.uk/oneyou/about-one-you/	Making better choices today can have a big impact on your health. One You is here to help you get healthier and feel better with free tips, tools and support. Whether it's moving more, eating more healthily or checking yourself – One You can help you make small, practical changes that fit in with your life. https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/
Shout	text: 85258 web: https://www.giveusashout.org/	Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Shout is powered by a team of volunteers, who are at the heart of the service. We take people from crisis to calm every single day.
Elefriends	web: www.elefriends.org.uk	Mind's supportive online community
Age UK	Adviceline: 0800 678 1602 Lines are open 8am-7pm, 365 days a year.	Free, independent advice 365 days a year https://www.ageuk.org.uk/information-advice/coronavirus/
Silver Line	tel: 0800 4 70 80 90	The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. https://www.thesilverline.org.uk/latest-news-2/coronavirus/
Young Minds	www.youngminds.org.uk Parent's helpline: 0808 802 5544 Young people text: YM to 85258	UK's leading charity fighting for children and young people's mental health https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/
Childline	www.childline.org.uk Helpline: 0800 1111	Childline is here to help anyone under 19 in the UK with any issue they're going through. Free, confidential and available any time, day or night. (currently from 9.00 am until midnight) https://www.childline.org.uk/get-support/contacting-childline/message-from-childline/

National Domestic Abuse Helpline	tel: 0808 2000 247 (freephone) web: https://www.gov.uk/report-domestic-abuse	24 hour confidential helpline Call 999 for emergency or if in immediate danger
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