

<p>Inside Out Covid-19</p>	<p>Coaching for parents and young people over 13years, suffering from anxiety and feelings of uncertainty around and affected by the current crisis - offering an hour by phone or video call with a coach to explore those feelings and thoughts.</p>	<p>trafford@coachinginsideout</p>	<p>07903 210970 leave a message and the call will be returned</p>
<p>Dadmatters</p>	<p>Dadmatters provides a listening service which provides, support,advise, signposting and an online facebook chat facebook@dadmattersuk where dads,mums,organisations and professionals can come together to chat about being a dad and associated anxiety around Covid-19.</p>	<p>dadmatters.org.uk</p>	<p>Keiran 07713 196391</p>
<p>Anxiety UK</p>	<p>Telephone and online support for people suffering from Anxiety</p>	<p>website www.anxietyuk.org.uk email support@anxietyuk.org.uk</p>	<p>03444 775774</p>
<p>Inside Out Covid-19</p>	<p>Coaching for parents and young people over 13years, suffering from anxiety and feelings of uncertainty around and affected by the current crisis - offering an hour by phone or video call with a coach to explore those feelings and thoughts.</p>	<p>trafford@coachinginsideout</p>	<p>07903 210970 leave a message and the call will be returned</p>
<p>1st Contact</p>	<p>Butterfly Hug resources that can be used by you or someone you are supporting, suffering from high anxiety, stress, overwhelm and trauma. Including videos: 1. Grounding exercise 2. The Four Elements- a helpful calming exercise 3. Trauma - a butterfly hug demo with guided exercise to manage current and future trauma. Childrens E-Book: explaining butterfly hug through lock down</p>	<p>1stcontact.net</p>	

<p>CDI Community Counselling</p>	<p>Private counselling Therapy by telephone or by video link, free to the unemployed or those on very low income, also reductions for those earning below £30,000 . Our service is open to all sections of the community and we can offer a limited bilingual counselling for BME groups who may feel excluded due to language and cultural barriers.</p>	<p>E- male cdi256@gmail.com Website www.cdimanchester.org.uk</p>	<p>0161 881 0007</p>
<p>Young Minds</p>	<p>Providing a new page of help for the young suffering with their mental health during the Corona outbreak.- in line with latest government advise. Also new page on supporting your child during the Corona Virus Pandemic - self isolation activities and conversations - TAKE20 Our #Take20 Hub has lots of activity ideas, conversation starters and handy tips and resources to make talking easier.</p>	<p>youngminds.org.uk</p>	<p>Parents Help Line 0808 802 5544</p>
<p>Young Minds (crisis)</p>	<p>Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. Text YM to 85258</p>		<p>Text YM to 85258</p>
<p>Psychology Tools</p>	<p>A guide to living without worry during the Coronavirus Pandemic</p>	<p>https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/</p>	

Oxford Mindfulness		https://oxfordmindfulness.org/online-sessions-podcasts/	
Q42	Staying connected whilst in isolation for the LGBTQ+ community of young people	https://twitter.com/q42project	
Q42	Staying connected whilst in isolation for the LGBTQ+ community of young people	https://www.instagram.com/q42project/	
Q42 Producers	An online project for LGBTQ+ young people by LGBTQ+ young people. Looking for LGBTQ people to produce content for the LGBTQ+ Website, Blogg, Twitter, Instagram, Podcast and Youtube. Follow instagram - @q42project or website www.q42.org.uk	email: ideas@q42.org.uk	
Recovery College Online	<u>Coping During the Pandemic. This free online course has been developed for everyone in response to the recent global pandemic. There is information about how to avoid catching/spreading the virus, what immediate feelings you may have and common reactions, managing your mental health at this time, managing isolation and social distancing, self-care, supporting children and young people and some accessible information.</u>	<u>Coping During the Pandemic</u>	
Winstons wish	<u>Winston's Wish supports bereaved children, young people, their families, and the professionals who support them. Their website contains resources about coronavirus and information about how to get support.</u>	http://www.winstonswish.org.uk	

<p>Gaddum 9-5:30 Monday - Friday</p>	<p>Advocacy, Carers Support, Therapy services. During the Coronavirus pandemic we are continuing to offer advocacy, carers support and therapy services across Greater Manchester. This may be over the phone, through email exchanges and texts, or face-to-face through video calling</p>	<p>www.gaddum.org.uk</p>	<p>0161 834 6069</p>
<p>Once upon a smile</p>	<p>We support children and families when a parent/guardian or sibling has died. We accept online referrals from health, education and other organisations, as well as self-referrals.</p>	<p>info@onceuponasmile.org.uk</p>	<p>0161 711 0339</p>
<p>Child bereavement Uk 9-5:00 Mon-Frid.</p>	<p>We support children and young people up to the age of 25 who are facing bereavement, and anyone affected by the death of a child of any age</p>	<p>https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people</p>	<p>0800 02 888 40</p>
<p>Rainbow Trust</p>	<p>Family support workers are key workers are part of the national response to the rapidly increasing demand; providing critical care and support to seriously ill children and their families in this new frightening reality.</p>	<p>https://www.rainbowtrust.org.uk/</p>	<p>0161 628 2194</p>
<p>Nation Abuse Helpline 24 Hours</p>	<p>Free and 24 Hour run in partnership with Womens Aid and Refuge</p>		<p>Freephone 0800 2000 247</p>
<p>NSPCC (Childline) 9am-midnight</p>	<p>Childline offers free, confidential advice and support whatever your worry, whenever you need help.</p>	<p>www.childline.org.uk</p>	<p>0800 1111</p>

NSPCC	If you're worried about a child or young person, you can call the NSPCC helpline for support and advice for free	help@nspcc.org.uk	0800 800 5000
Mnchester Community Response Hub (including young carers) 8.30 -5.30pm Monday – Saturday	Manchester Residents -high risk, suffering social isolation, without support, including young carers ,delivery of food and medications, combating loneliness, managing fuel top up payments.	-	0800 234 6123
NHS Young Carers 24 HOURS	Worried about covid 19 Symptoms If you have health concerns or concerns for the health of the person you care for related to the corona virus, Covid-19.	www.111.nhs.uk/covid-19	Call 111
Manchester Women’s Aid	Women's Aid is a grassroots federation working together to provide life-saving services and build a future where domestic violence is not tolerated.	referrals@manchesterwomensaid.org	Phone 0161 660 7999
Saheli Asian Women’s Project	(advice, information and support services to Asian women and their children fleeing domestic abuse and/or forced marriages. Based in Manchester)	-	Phone 0161 945 4187
Greater Manchester Domestic Abuse helpline:	Contact Manchester Women’s Domestic Abuse Helpline a free, confidential line whose staff can provide advice, help you formulate a safety plan, and access refuge spaces across the country	helpline@independentchoices.org.uk	0808 800 5000 016 1 636 7525
Chatterpack	This site has a range of activities for all ages, which can be accessed online	https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home	0161 636 7525.

YOGA	India is a brilliant and super chilled yoga teacher whose running online classes on a 'pay as you can' basis on Sunday 1t 10am and Wednesday at 6pm info here: https://www.instagram.com/p/B-C5-m2AoFQ/	indiahewitt@gmail.com	
Harry Potter	Harry Potter at home for any Potter fans who want a new isolation activity!	https://www.wizardingworld.com/collections/harry-potter-at-home	
Life Drawing on line	Life Drawing are holding an online life drawing class every Tuesday evening. More info and book a place on website.	https://lifedrawingplus.wordpress.com/	
Manchester Museum	Virtual tours and online exhibitions from Manchester Museum	https://www.mminquarantine.com/	
Isolation Ideas	100 things to do in self-isolation	https://www.refinery29.com/en-gb/things-to-do-self-isolation?utm_source=email&utm_medium=editorial&utm_content=uk&utm_campaign=200321-self-isolation-activity	
Manchester Volunteer Advice Partnership	Universal Credit Claims Project - helping people with mental health problems to complete a Universal Credit claim. The service can be accessed by third party referral or people can contact us directly to book an appointment. At the moment, with Covid-19 social-isolation procedures in place, all appointments are over the phone.	manchestermind.org	0300 365 3101
Shout crisis service Available throughout Corona virus pandemic	'SHOUT' a 24/7 text service with trained crisis volunteers who will chat using trained techniques via text responses. By texting 'SHOUT' to '85258' a Texter will be put in touch with a trained Crisis Volunteer (CV) who will	https://www.giveusashout.org	

	chat to them using trained techniques via text. The service is designed to help individuals to think more clearly and to take their next steps to feeling better.		
Kooth available throughout Corona virus pandemic	Av Kooth – an on-line counselling and emotional well-being platform for children and young people	https://www.kooth.com/	
Living Life to the Full Available throughout orona Virus Pandemic	•Living Life to the Full is one of the world’s most used wellbeing support packages and aims to provide key information using everyday non-complex language. .Sign up via the GM Health Hub (the only place to register).	https://www.gmhealthhub.org/feeling/living-life-to-the-full	
Bluelce available throughout the Corona Virus Pandemic	Av an evidenced-based app to help young people manage their emotions and reduce urges to self-harm. This is only available on ‘prescription’ from a clinician working in child and adolescent mental health services	-	
<u>SilverCloud Available throughout the Corona Virus Pandemic</u>	An online therapy programme for adults proven to help with stress, anxiety, low-mood and depression	https://GM.silvercloudhealth.com/signu p	