

Mental Health and Wellbeing during the COVID-19 Pandemic

If you are currently struggling with your mental health as a result of the Coronavirus pandemic, please consider using the following services to support you:

Useful Telephone Numbers:

The Moorings Mental Health Support

Torquay – 07483 991848 (6pm – midnight every day inc. weekends and bank holidays)
Exeter – 07990 790920 (6pm – midnight every day inc. weekends and bank holidays)
Barnstaple – 07850 927064 (6pm – midnight, Thursday – Sunday)

Headspace Mental Health Support Plymouth

07890 257614 – (6pm-10pm, 7 days a week)

Samaritans

116123 (Freephone) – (24hrs per day, 7 days a week)

Mindline South Devon and Torbay

0300 3305464 – (Tue, Wed, Fri, Sat & Sun 8pm -11pm)

Website Links:

Healthwatch

<https://www.healthwatch.co.uk/advice-and-information/2020-03-18/coronavirus-affecting-my-mental-health-%E2%80%93-what-can-i-do>

Young Minds

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Rethink

<https://www.rethink.org/news-and-stories/blogs/2020/03/managing-your-mental-health-during-the-coronavirus-outbreak/>

Mind

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

BBC

<https://www.bbc.co.uk/news/health-51873799>

Breathworks

<https://www.breathworks-mindfulness.org.uk/mindful-self-care-for-troubling-times>

Headspace

<https://www.headspace.com/>

