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| Name of Agency | Nature of Support | Website | Telephone Number | What they can offer. |
| BCP Council | Practical support and contacts of local agencies | <https://www.bcpcouncil.gov.uk/News/News-Features/COVID19/Community-Response/Community-Response-Action-pack.pdf> |  | Resource pack and links to local supprot agencies. |
| The Help Hub UK | Support with mental health and anxiety | <https://www.thehelphub.co.uk/> |  | Phone call/skype support for people experiencing anxiety and declining mental health. |
| Mental Health Foundation | Support with mental health and anxiety | <https://www.mentalhealth.org.uk/coronavirus> |  | Tips and advice on managing yours and your families wellbeing during isolation. |
| Mind | Support with mental health and anxiety | <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/> |  | Tips and advice on managing yours and your families wellbeing during isolation. |
| NHS | Support with mental health and anxiety | <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/> |  | Practical support and advice for families |
| SAMH | Support with mental health and anxiety | <https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-and-your-mental-wellbeing> |  | Tips and advice on managing yours and your families during isolation. |
| The Samaritans | Support with mental health and anxiety | <https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/> | 116123 | Practical support and Phone support. |
| Mental health at work | Support with mental health and anxiety | <https://www.mentalhealthatwork.org.uk/toolkit/coronavirus-and-isolation-supporting-yourself-and-your-colleagues/> |  | Toolkit for supporting colleagues in the workplace or those at home. |
| studentminds.org.uk | Support with mental health and anxiety | <https://www.studentminds.org.uk/coronavirus.html> |  | Support for students |
| Rethink | Advice for carers | <https://www.rethink.org/news-and-stories/blogs/2020/03/coronavirus-advice-for-carers-of-those-with-severe-mental-illness/> |  | Support and advice for carers |
| Anna Freud Foundation | Support for parents with children | <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/> |  | Supporting young people with their mental health. |
| BBC | Practical support | <https://www.bbc.co.uk/news/health-51873799> |  | Practical tips on managing anxiety |
| House Party | Social Tool | <https://houseparty.com/> |  | Interactive social communication app for children to play games and keep in touch with their friends. 12+ |
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